Tots 2 Toddlers

Sleep

Purpose of Policy:
To ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment. The safety of babies sleeping is paramount in the centre and we promote good practice and ensure that we work in partnership with the parents.

Policy:

* Babies should sleep:
* On their backs
* At the bottom of the cot
* In a well-ventilated room kept between 16-20c – Ideal temperature of 18c.
* With sheets or blankets that cannot become tangled
* Without any large soft toys that have the potential to smother a baby
* With a comforter if they normally have one
* With mobiles that are out of reach (if any in use).

A baby monitor is linked to the Caterpillar room and children are checked every 10 mins using our timer as a reminder.

Procedure:

* A child’s sleep routine is shared between parents/carers and key worker prior to starting at the nursery and is included in the ‘All About Me’.
* If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies we will explain our policy to the parents and ask them to sign a form to say they have requested, we carry out a different position or pattern on the sleeping babies form. If the child is not able to roll over from their back to their tummy and then back again they must be placed on their back.
* Staff should be aware of individual needs of the babies and children at the nursery.
* If an older child needs a rest we may settle them in the cosy corner on a raised bed.
* Staff to ensure bedding is put into each child’s sleeping bag. If any bodily fluids are visible, then bedding to be put in the wash. All bedding to be washed on a weekly basis.
* A sign will be on the door to inform all members of staff how many babies and children are sleeping
* We aim to follow parents’ guidelines regarding their child’s sleeps. However, we must put the welfare of the child first. This means that whilst we will try to adhere to reasonable sleep limits, if the child needs the sleep, we will not enforce it.

When getting a baby ready to sleep the staff need to ensure a number of things happen:

* A clean nappy
* Outer clothes removed
* Fed or had a drink
* All bibs removed
* A comforter if needed
* Not too warm
* Dummy clips removed
* Hair bubbles, clips and bows removed
* No bottles in the cot

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| Review Date: | Signed: | Next Review Due: |
| 01/09/2021 | H Waller | 01/09/2022 |