

Sleep and Rest Policy

Bright Beginnings recognises that effective rest and sleep strategies are important factors in ensuring a child feels secure and safe and that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. All play areas within Bright Beginnings Childcare Centre provide cosy areas and Zen Zones for children both indoors and outdoors to give children the opportunity for quiet play and rest. We will consult with families about their child's individual needs and be aware of the different values and parenting beliefs, cultural or otherwise, that are associated with rest.

Bright Beginnings has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in our care.

The Statutory Framework for The Early Years Foundation Stage 2021, 3.60 Safeguarding and Welfare Requirements states that *"Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance"*

The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death.

The primary safe resting and sleeping practices for children in Bright Beginnings are:

- Babies are placed on their backs to sleep; if a baby has rolled onto their tummy, we turn them onto their back again unless they can roll from back to front and back again, on their own, in which case we enable them to find their sleeping position.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping, looking for the rise and fall of the chest and if the sleep position has changed.
- All children will rest with their faces uncovered.
- The rest environment, equipment and materials will be safe and free from hazards.
- Children are not permitted to eat during sleep time.
- The temperature of the room is monitored to ensure the room remains comfortable by opening windows and balcony doors, removing blankets, and removing outer layers of clothing.
- Ventilation is monitored.
- Practitioners will ensure children have dressed appropriately for sleep times.
- Bibs, dummy attachments, headband, hairclips and neck jewellery will be removed at sleep times.
- Checks are recorded every 15 minutes and as a good practice, we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families. If a child has suffered a head injury or has a high temperature before falling asleep, checks are carried out every 5-10 minutes.

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- Babies and children are never left to sleep in a separate sleep room without practitioner supervision at all times.
- Any practitioner working regularly with children under 2 will undergo a competency check to ensure our safer sleep practices are understood as part of the induction and probationary process.

Safe resting practices for babies and children.

- Babies will be placed on their backs to rest.
- If a medical condition exists that prevents a child from being placed on their back, the alternative resting practice must be directed in writing by the child's medical practitioner.
- If older babies (over 12 months old) turn over during their sleep, allow them to find their sleeping position, but always lay them on their back when first placing them to rest.
- At no time will a baby's face be covered with the bed linen. Practitioners will remove comfort items from the child once the child has fallen asleep. For example, soft toys, muslin cloths and fleece blankets.
- To prevent a baby from wriggling down under bed linen, they will be placed with their feet closest to the bottom end of the cot/coracle (If using a cot/coracle to sleep)
- Light bedding is the preferred option, which must be tucked in to prevent the baby from pulling bed linen over their head.

Good sleeping practices

- The room should be peaceful, e.g. minimum lighting, curtains closed, and appropriate music.
- Be aware of each child's individual needs/personal comforts e.g. if they have a dummy or a toy and if they need to be patted or stroked to sleep. Always remain with the child until they are settled.
- Remove shoes, and warm clothing, making sure the child does not get too hot or too cold.
- Wherever possible, children should sleep in the same place every day on the floor, on an appropriate sleep surface in a quiet area of the room.
- If a child falls asleep in the buggy bus outside, remove outdoor clothing when returning indoors.
- Record details on the sleep chart when asleep, monitoring the child every 15 minutes during their sleep. Record total sleep time on the daily wipe-on, and wipe-off wall chart. Use the sleep timer allocated for your room and ensure you have assigned the checking responsibility to a practitioner.
- Use cotton sheets to sleep on and cellular blankets.
- We ask parents/carers to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery, and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the Centre, such as babies sleeping on their tummies or in a sling. We will explain our policy to the parents/carers and not usually offer this unless the baby's doctor has advised the parent/carer of a medical reason to do so, in which case, we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

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- We recognise parent/carer knowledge of their child concerning sleep routines and will, where possible, work together to ensure each child's sleep routines and well-being continues to be met. However, practitioner will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep.
- Practitioners will not physically wake a sleeping child; practitioners may open the curtains, alter the lighting of the room, say the child's name etc.
- Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require sleep, for example, dimming the lights and using soft music, where applicable, whilst ensuring that we continue to meet the needs of the children that do not require sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms/children.
- Practitioners will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.
- The Centre will not accept sleeping babies or children. On arrival at the Centre, children must be awake so that practitioners can assess that the child is well and has no existing injuries that we need to be made aware of.

Sleeping twins

- We follow the advice from The Lullaby Trust regarding sleeping twins and will work with parents regarding babies sleeping alone or co-sleeping.
- Further information can be found at: <http://www.lullabytrust.org.uk>

Smoking

Children's health and well-being is of the upmost importance for the Centre. Smoking has proved to be a health risk and therefore in accordance with legislation, the Centre operates a strict no smoking policy within its buildings and grounds. It is illegal to smoke in enclosed places. Refer to the Centre's smoking and Electronic Cigarette Policy.

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