Safer Sleeping Policy



At Fullbrook Nursery,we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust, as is appropriate to supporting children aged 0-4yrs who may sleep during their nursery session. We make sure that:

* Children are encouraged to lie on their backs to sleep, if a child has rolled onto their tummy, we turn them onto their back again, unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
* Toddlers are never put down to sleep with a bottle to self-feed
* Toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
* Checks are recorded every 10 minutes using an individual Sleep Checker Record.
* Children are never left to sleep in a separate sleep room without staff supervision at all times

We provide a safe sleeping environment by:

* Monitoring the room temperature
* Use safe and appropriate surface to sleep on, our sleeping mattress, rather than allowing children to sleep on adults, beanbags or soft furnishings. Mattresses are compliant with British Standard regulations, and are fitted with a soft clean cover each time they are used.
* Having a no smoking policy.

Due to the age of the children using the nursery and for the length of their session time, the vast majority of children will not need a sleep when attending. For children who stay for extended provision or have additional SLEND needs, a sleep plan may be needed. For children who regularly sleep, ’we ask parents/carers to complete a sleep plan, 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 child has an unusual sleeping routine or a position that we do not use in the nursery. We will explain our policy to the parents/carers and not usually offer this unless a medical practitioner/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 form.

We recognise parent/carer knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child’s individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep. Individual sleep routines are followed rather than one set sleep time for all children.

Staff 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.

Further information can be found at: <http://www.lullabytrust.org.uk>

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date for review** |
| *September 2019* | *AFlinders*  | *September 2021* |
| *Reviewed September 2021* | *AFlinders*  | *September 23* |
| *Reviewed September 2024* | *AFlinders*  | *September 26* |