



## 5.07

### Sleep and Rest Time Policy

We aim to ensure that all children have enough sleep, or rest, time to support their development and natural sleeping rhythms in a safe environment. The safety of children sleeping is paramount.

We make sure that:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping and when babies are in cots they are checked every 10 minutes.
- Sleep and rest rooms that use floor mats for resting children are supervised.
- When monitoring, the staff member looks for the rise and fall of the chest and if the child's sleep position has changed. This may mean that they reposition them, if they feel it may be necessary, for example so their feet are positioned towards the bottom of their cot.
- As 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. They may also sleep in a quiet area of the play room.
- Only one child per cot at one time. Children are designated a cot to ensure familiarity and consistency.

We provide a safe sleeping environment by:

- Monitoring the room temperature on a regular basis to ensure it is a comfortable temperature at all times between 16 - 20 degrees.
- Using clean, light bedding/ cellular blankets and ensuring babies are appropriately dressed for sleep to avoid overheating or feeling cold. We request parents to provide sleeping bags if they are used at home, if not cellular blankets will be used.
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags etc.
- Ensuring every baby/toddler is provided with clean bedding.
- Transferring any baby/ toddler who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.

- When a baby or child joins Silverhill we discuss their child's sleeping routine and these are continuously reviewed as they grow and their needs change. Parents are given a daily routine sheet to fill in information about the child's sleeping routine. If a baby has an unusual sleeping routine or a position that we do not use in the nursery we will explain our policy. We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work with parents to ensure each child's individual sleep routines and well-being continues to be met. Staff have regular communication with parents to highlight any changes in sleep pattern or child's routine.

### **Rest Times- for older children**

We understand that during a busy pre-school day some children will get tired. With this in mind we provide flexibility and opportunities for children to take rests, naps and quiet times as they need.

This policy was adopted by	Silverhill School
Held on	January 2019
Review Date	January 2020
Name of signatory	Jenifer Capper
Role of signatory	Head Mistress