

Sleep Policy

At Eversley Nursery School all of our babies and toddlers have an 'All About Me' book that is kept in the room, which details key information about the child, including their sleep patterns. During the settling-in period staff will discuss with the child's parents or carers their usual sleep routine, including how often they sleep, where they sleep, comforters used and any particular sleep information. Where possible we shall mirror their home life routines. As this changes or is adapted we will discuss with parents along the way. The management team is fully trained in safe sleep and will deliver this training to all staff members.

Our belief is that every child deserves adequate rest and our priority is to follow the needs of the child, even if this differs from the parent's requests. For example a parent might say they only want the child to sleep in a cot and self soothe, we will of course try this and keep trying however if we cannot get the child to settle we will use pushchairs, bed mats or where needed cradle the child to sleep. We will not refuse any child from sleeping if they need to, all our children throughout the setting are offered a rest daily and if the child chooses to go to sleep we will not stop them. We will work with parents to introduce sleep limits if needed.

Safe Sleeping Guidance:

- Each child will have their own bedding, this will be labelled and used for the bed that the child is sleeping on.
- Sheets and blankets are washed regularly on a hot wash.
- Each mattress will be checked for damage daily and cleaned after every use using an antibacterial wipe.
- Babies will be encouraged to sleep in a cot, and older children will be encouraged to use a bed mat.
- The sleep routine will be discussed with the parent or carers and a record of their routine will be kept
- Sleep times for babies will be recorded in the care diary section of Tapestry. For toddler children this information shall be passed verbally to parents.
- If a pre-school child sleeps this information shall be passed on verbally.
- If milk is needed before sleep time, where possible babies will be cradled, for older children who may want to hold the bottle/beaker themselves we will always supervise milk drinking and remain close to the child to avoid any choking accidents.
- Comforters shall be offered to those who need them.
- Staff will comfort children to sleep when needed, for example a cuddle or a gentle pat on the back.
- Gentle sleeping music is usually played during sleep times to distract background noise.
- Someone will remain in the room with the sleeping children on sleep mats at all times.
- Sleep check times shall be recorded and filed.
- For all babies in cots they shall be checked every 10 minutes.
- A timer is used to remind staff of these checks.
- There will be a monitor used in the room at all times for unattended sleepers in cots.

Links to Key Legislation and guidance: • Children's Act 1989 & 2004 • Statutory Framework for the Early Years Foundation Stage DfE 2021 • Working Together to Safeguard Children DfE 2018 • Keeping Children Safe in Education DfE 2021 Policy Statement

**This policy was revised & updated on the 15th August 2022
Eversley Nursery School**