

# DAYTIME REST AND SLEEP Policy

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## AIM

To ensure that children have enough sleep for them to develop and to promote best practice for all children and infants in a safe environment.

## METHODS

Grassroots Day Nursery adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death. The safety of babies and children is paramount in the nursery and we promote good practice and ensure that we work in partnership with the parents.

Babies should sleep:

- On their backs
- At the bottom of the cot
- In a well ventilated room
- With no duvets
- With sheets or blankets that cannot become tangled
- Without any large toys that have the potential to smother the baby
- Without cot bumpers
- With a comforter if they normally have one
- With mobiles that are out of reach

## PROCEDURE

A child's sleep or rest routine will be discussed with the parent and key worker when the child attends their settling in session at the nursery. If babies have an unusual sleep routine or position that we would not usually use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parent and ask them to sign a form to say that they have requested we carry out a different position or pattern.

Staff should be aware of individual needs of babies and children at the nursery. Sleep routines are a very intimate part of a baby's day. Babies will never be left to cry themselves to sleep or be left for long periods to 'drop off' to sleep.

When getting a baby or child ready to sleep, staff need to ensure that a number of things happen:

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- Change the baby's nappy or ensure that the child has been to the toilet
- Have fed the baby or child or given it a drink
- Remove all bibs
- Provide the baby's/child's usual comforter
- Ensure that the baby or child is not too warm

Some children and babies like to be patted to allow them to go to sleep. The staff should pull up a chair to the side of the cot so as not to strain their backs or to sit on the floor when a child sleeps on a sleep mat. The key worker should discuss with the parent and establish a time limit for trying to get the baby or child off to sleep, which should then be communicated to all members of staff.

If a baby or child falls to sleep in somebody's arms, they should be placed in the cot as soon as possible so that they can continue to sleep undisturbed. If the baby or child has fallen to sleep unexpectedly and it has not been possible for the nappy to be changed or a visit to the toilet, staff within the room should be made aware that the baby needs its nappy changed or the child taken to the toilet once they have woken up.

Babies' cots should be cleaned and maintained to a high standard. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.

## **OLDER CHILDREN**

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at the nursery. As they grow, they will usually develop a routine which reduces the length or frequency of their daytime sleeps.

Children at Grassroots Day Nursery have the opportunity to rest or sleep if they want to throughout the day. The staff need to create an environment for the children to rest or sleep i.e. a quiet area to cuddle a toy, read a book or lay down to nap. Sleep mats are provided for older children to sleep on.

Parents' requests should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against their will.

We follow (and advise parents to follow) the NHS guidelines for total daytime rest/naps:

3 years = 45 minutes, 2 years = 1 hour 30 mins, 18 months = 2 hours, 12 months = 2 hours 30 mins, 6 months = 3 hours



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## SLEEP MONITORING

All sleeping babies and children must be checked at 10-minute intervals and our sleep monitor charts should be completed to record these checks. Staff working in the rooms are responsible for these regular checks. A record of children's daily sleep pattern should be recorded and the information provided to the parent or carer collecting the child from nursery at the end of their session.

The sleep room should be kept at a temperature between 16°C and 20°C and a thermometer to check the temperature of the room should be available at all times.

Policy/Procedure name: <b>Daily rest and sleep time Policy</b>	
Publication Date: <b>April 2019</b>	Date for Review: <b>April 2020</b>
Signed:.....(Proprietor)	
Signed:.....(Manager)	