



## SLEEP AND REST POLICY

### AIM

At Little Grange 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, and we promote good practice and ensure that we work in partnership with parents. Our policy follows the advice of The Lullaby Trust to minimise the risk of Sudden Infant Death Syndrome.

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### OUR PROCEDURES

Babies in cots:

- Are placed on their backs to sleep. If a baby 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
- Are placed at the bottom of the cot;
- Are put down in a well-ventilated room;
- Do not have duvets or bumpers to the sides of the cots;
- Sleep with sheets or blankets that cannot become tangled;
- Do not sleep with any large soft toys that have the potential to smother a baby;
- Can sleep with a comforter if they normally have one; and
- Do not have hanging mobiles.

Older children on mattresses should sleep:

- Placed top-to-tail with other sleeping children to prevent the spread of infection;
- In a well-ventilated room;
- With sheets or blankets that cannot become tangled;
- Without any large soft toys that have the potential to smother;
- With a comforter if they normally have one.

When preparing the child for sleep their individual needs of the babies and children at the setting should be shared with the relevant staff. Sleep routines are a very intimate part of a baby's day. Babies should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep. When getting a baby ready to sleep the staff will ensure children have:

- A clean nappy;
  - Outer clothes, bibs and shoes removed;
  - Fed or had a drink;
  - A comforter, if needed; and
  - Are not too warm.
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## MONITORING SLEEP

Sleeping children must be checked at 10-minute intervals. Staff who are working in the rooms are all responsible for checking the children. Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath;
- Ensuring that each child is well;
- Ensuring that each child is not too hot or too cold;
- Ensuring that all sheets or blankets are not wrapped around the child.

The sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check. Senior staff such as the Nursery Manager or Deputy Manager will monitor these forms to ensure they are completed correctly.

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## DAYTIME REST

We ask parents to share 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 nursery i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern.

We recognise parental 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.

Where possible a routine for bedtime should be followed and a suitable space, away from drafts and noisy areas should be used for children to sleep in. Staff should follow the child's routine and individual preferences when helping children to sleep.

We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

All children will have their own individual sheets, and these will be washed as a minimum on a weekly basis, or more frequent if needed to prevent the spread of infection.

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## OLDER CHILDREN

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

Children at Little Grange Nursery can rest or sleep if they need or want to throughout the day. The staff will create an environment for the children to rest or sleep i.e. a quiet space with cots for younger babies or sleep mats/mattresses for older children.

Parental wishes should be taken into consideration, although staff will not force a child to sleep, wake or keep a child awake against his or her will to sleep. However, we reserve the right as a nursery to use common sense based on the needs of the child and also taking into consideration the time of day.

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Person Responsible: Anna Biddlestone