

SLEEP POLICY

Approving Body	Trust
Date of Last Review	January 2025
Statutory (Y/N)	Y
Responsible Officer	BMAT CEO for and on behalf of the Trust

1. Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

2. Legislation

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

3. Principles

At Busy Beacons Nursery we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met
- Children's right to health, safety and wellbeing are met
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout
- Communication between the Nursery and the family is promoted and this starts prior to child starting nursery so information shared, and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

4. Early Years Responsibilities

The Early Years will ensure that anyone who supports a child sleeping or resting in the nursery is an employee of the nursery or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep. The Nursery Manager will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

The Nursery will act according to Busy Beacons safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

Busy Beacons Nursery will ensure that suitable facility and equipment are provided or designated places for sleep and rest. Busy Beacons Nursery staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in nursery.

Prior to starting nursery we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the home visit record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes. The time a child is put down to sleep, when they wake and ten minute monitoring checks are recorded by staff. This information is available to parents/ carers at all times and will be checked periodically.

by the Nursery Managers/ Deputy Managers. (Appendix 1 Sleep check).

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought e.g. Children going to sleep with bottles. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health. Staff will encourage children to sleep in designated areas or quiet areas. Busy Beacons Nursery promotes the use of beds for sleeping for children; however, we aim to meet parental choice if they wish their child to sleep in a buggy. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. Nursery staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

4.1 Early Years responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery. Parents will be provided with information or signposted to support such as Health visitors.

4.2 Early Years staff responsibilities in supporting positive self esteem

Busy Beacons Nursery staff will work with the child to promote a positive self- esteem and independence with sleep as far as is appropriate and practical. Nursery staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

5. Governor Responsibilities

To ensure sufficient staff are trained to meet early years ratios and the developing needs of young children. The governing body will ensure this policy is monitored and reviewed at least every three years.

6. Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support. Parents/carers must ensure that the nursery always has their emergency contact details.

7. Safe sleep guidelines

When supporting children who need to sleep nursery staff will ensure the following:

The Sleep Environment:

- The temperature of the room in which a child sleeps should be between 16 and 20 degrees Celsius.
- The room should be effectively ventilated
- Children in the nursery will either be placed in a cot, in a coracle, or on a sleep mat
- The cot or coracle will be clear of toys.
- Cot bumpers will not be used.

Sleep positioning:

- The child should be placed on a firm flat mattress.
- The child should be placed on their back, at the foot of the bed.
- If children get themselves into a different position while they are asleep, this is fine.
- Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his /her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position.

Clothing and blankets:

- Children will be put down in their clothes, but heavier clothing such as jeans, jumpers, cardigans, bibs, and any unnecessary layers will be removed.
- Children will never be put down with a hat on.
- Babies under one will be put to sleep in a sleeping bag, or with a cellular blanket.
- Children over one will be put to sleep in a sleeping bag, or with a sheet and a blanket

Health and safety procedures:

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- Buggies and low beds are cleaned with antibacterial wipes once a child has been removed.
- Sheets are removed and washed after every use on beds.
- Used bedding should be placed in the covered box marked –'used bedding' and washed daily in non-biological washing detergent.
- Clean bedding is stored in labelled covered boxes.
- Torn or ripped bedding is removed immediately and replaced.
- Parents asked prior to children starting Nursery if their child has allergies to washing detergent and if so appropriate precautions taken – such as parents supplying and washing own bedding.

Appendix 1: Sleep Check Record

		Initial and tick when completed (every 10mins). When child wakens, please record the time.											
Child's Name	Time child fell asleep												
Notes	<p>Remember to check:</p> <ul style="list-style-type: none"> • Child is breathing • Airways clear/nothing blocking child's face • Loose blankets offered to children, kept below shoulder • Child in comfortable, safe sleeping position • Check the 'rise and fall' of child's chest • No pillows (OR child safe pillow only)/No loose cushions around child • Children sleeping on firm, washable mattress/individual bedding in cot • Monitor Room temperature/Child temperature <p>All children's individual bedding – to be stored in individual bags after use. Washed weekly. For more information – refer back to the advice and guidance from the Busy Beacons Safer Sleep Guidelines</p>												