

Sleep policy

At Little Miracles Day 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 babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- Babies/toddlers will never be put down to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually when sleeping.
- Checks are recorded every 15 minutes and babies will never be left in a separate sleep room without staff supervision at all times
- When monitoring, the staff member will look for the rise and fall of the chest and if the sleep position has changed
- As good practice we may increase the monitoring of a baby under six months or a new baby sleeping during the first few weeks, e.g. to every 5 minutes. This is until staff become more familiar with the child and sleeping routines and to offer reassurance to them and families.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only having safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations
- 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
- Ensuring every baby/toddler is provided with clean bedding
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.

Routine sheets are filled out with the parent and key person when they are settling in to the nursery and this is updated at timely periods to review. If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and ask them to sign a form to say they have requested we carry out a different position or pattern on the sleeping babies' form.

We recognise parents' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being

continue to be met. However, staff will not force a child to sleep or keep them awake against his or her will. Sleep mats are arranged for all children to make their choices to either sleep/rest or stay awake and engage in quiet activities to keep themselves occupied. They will also not usually wake children from their sleep. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleeping twins

We follow the advice from The Foundation for the Study of Infant Deaths (FSID) regarding sleeping twins and will not put them together in the same cot to sleep. Further information can be found at:<http://fsid.org.uk/page.aspx?pid=426>
<http://www.healthychildcare.org/pdf/sidschildcaresafesleep.pdf>