

# Little Thinkers Pre-school and Nursery



## Sleep Policy

### Introduction

Children at our nurseries will be of the age where they may need to sleep during their time with us. We want to ensure they follow their own routine and those set by parents.

### Sleep location

Children do sometimes fall asleep in practitioners' arms or while playing. We will always move them to a safe secure area to continue their rest. This may be on mats in a quiet area or in a cot.

Children will not be allowed to sleep in car seats or pushchairs as this can be harmful to their bones and joints. They also will be moved from areas that are deemed unsafe to mats in appropriate areas.

Children will be placed in a cot or mat or a safe place requested by parent such as slings. In our different settings there will be different locations used for sleep but all will ensure there is a mat or cot for them to be safely positioned for sleep.

### Sleep duration and limits

Children must be allowed to sleep for at least 45 mins per sleeping session. This allows children to reach REM sleep and benefit from the nap. If they are woken before 45 mins, they will not reach REM sleep and therefore the sleep will not be of benefit and they will feel more tired upon being woken.

Parents can request that their child's sleep is no more than 45 mins and that they do not sleep after a certain time in the afternoon i.e., 3pm. However, if a child is having to be kept awake after an allocated time, then they will be allowed to sleep for 45 mins. Additionally, if a child is due for a scheduled sleep but does not wish to or is becoming distressed then this sleep will not be forced.

### Sleep monitoring

Whilst a child is sleeping, they will be checked every 10 minutes by a staff member. This check will be recorded alongside the time they fell asleep and when they wake. A staff member checking a child will spend at least 10 seconds observing that the child is sleeping in a safe position, that they are still sleeping and that they are breathing comfortably. In some of our settings this will involve the use of CCTV to monitor the children and when they wake. The use of CCTV will not replace the process of checking but will aid staff in responding immediately when a child wakes.

## Preparing for sleep

If the child is being put down for a scheduled sleep, it will be planned for the child to be changed, clean and dry before they are put down. Their shoes will be removed and any jackets, hoodies or cardigans will also be removed. Any objects such as dummy clips, teething necklaces, hair bands or bibs will be removed as these are a strangulation risk. The child will be put in cot, bed or on a mat with a clean sheet and a blanket.

## Training

Staff will be adequately trained in SIDS (Sudden Infant Death Syndrome) and will follow principles that reduce any risk. They also undertake paediatric first aid as well as Safe Sleep training.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>June 19<sup>th</sup> 2024</i>	<i>S.Nickerson</i>	<i>June 19<sup>th</sup> 2025</i>