



## **DAYTIME REST & SLEEP POLICY**

### **Aim**

Monkey Puzzle Day Nursery operates a safe rest and sleep policy through our active partnership with parents and by raising awareness of Sudden Infant Death Syndrome (SIDS). Throughout the day children will be given the opportunity to rest and sleep appropriate to their age/stage of development and their individual needs.

### **Parents as Partners:**

- Introduce and discuss the sleep policy to all parents when they join the nursery
- Gather information on the child's sleep patterns at home and how they sleep
- We advise parents that the nursery follows the 'Back to Sleep' position
- If parents insist that a baby sleeps on its stomach or side and they are under 6 months old, supporting evidence is required from a Doctor that specifies the sleeping position
- For children over 6 months we will ask the parents to put their request in writing requesting we carry out a different sleeping position to that which is advised
- Ensure that all parents of babies cared for in the nursery receive a written copy of our rest and sleep policy

### **An appropriate environment will be provided to encourage children to settle to sleep such as:**

- 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 should not be left to cry themselves to sleep or be left for long periods to 'drop off' to sleep
- A thermometer to check the room temperatures should be available at all times. Temperatures are recorded daily and monitored throughout the day to ensure that the temperature remains between 18-20C
- Light bedding (blankets) will be used and babies will be appropriately dressed to avoid overheating
- Safety approved cots are compliant with British Standard regulations, and mattress covers are used in conjunction with a fitted sheet
- Every baby will be provided with clean bedding which will be washed at least weekly or when necessary
- Toys and stuffed animals will not be placed in the child's cot
- Babies may **not** sleep in a nesting ring, car seat, pushchairs, bouncy chair or bean bag
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- We have a no smoking policy in compliance with government legislation and staff members who smoke will ensure that their clothes and breath do not smell of smoke whilst at work so that babies do not experience the unpleasant odour

### **Staff will help children to settle to sleep by:**

- All under 3's nursery practitioners and support workers will receive an in-house induction
- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed on the baby's cot. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months
- Babies will be placed with feet closest to the bottom of the cot, and blankets (if used) placed across the torso and tucked in at the foot and sides, to minimise the risk of overheating during sleep
- 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 will never be put down to sleep with a bottle to self-feed



- Babies will be monitored visually when sleeping; checks are recorded every 10 minutes on the sleep chart. In addition there is a mobile sleep monitoring system that is switched on and audible from the main day room
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed

### **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 Monkey Puzzle 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.

Children will be monitored every 10 minutes and recorded on a sleep chart. When monitoring, the staff member will look for the rise and fall of the chest, and if the sleep position has changed.

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