

72. Sleep

EYFS: 3.60

At La Petite Academy we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Safer sleep practices are most important until a child is 1 year old. However, in this setting safer sleep practices are followed for all children.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death (SIDS). We make sure that:

- Babies 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
- Toddlers/older children are encouraged to find their own conformable sleeping positions
- No child has their movement restricted during sleep and we do not use pillows etc to prop a child up/on their side. If a parent wishes a child to be swaddled, this must be discussed and agreed with a manager beforehand to ensure current Lullaby Trust recommendations are followed
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Checks are recorded every 10 minutes and as good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families
- Babies/children are never left to sleep in a separate sleep room without a member of staff present. Babies/children sleeping in an open room are closely supervised
- All rooms used for sleeping have been risk assessed for safety
- All staff have been provided with a copy of Lullaby Trust's 'Safer Sleep Awareness Guide' and NHS recommendations regarding reducing the risk of SIDS. All staff receive safer sleep awareness as part of their induction

We provide a safe sleeping environment by:

- Monitoring the room temperature using a thermometer and opening windows if needed to ensure rooms remain between 16 –20 degrees Celsius
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, with a clean fitted sheet
- Enabling babies/toddlers to sleep outdoors, when weather conditions allow
- Not using cot bumpers, pillows, nests/pods, duvets etc or cluttering cots with soft toys. If a child requires a 'comforter' to sleep with, there should only be one provided, and this should be removed once they are asleep if possible
- Ensuring children's heads remain uncovered, with a blanket no higher than their shoulders. For babies up to 1 year old, the blanket should be tucked in around the sides of the mattress
- Placing children to sleep 'feet to foot' with their feet at the base of the cot/bed
- If a parent wishes a child to have a dummy whilst they sleep this will be offered at every sleep time, and parents will be supported to stop the use of dummies by 12 months old
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags and maintaining a distance between each child's sleep space to enable effective monitoring
- Undertaking regular sleep checks which monitor that: children have no obstructions around their head/face/neck; there is a regular rise and fall of their chest; babies who cannot roll are still on their backs; they are not overheating/clammy; and not in any discomfort or distress
- Any concerns are to be reported to the Room Leader/Manager immediately
- Ensuring every baby/toddler is provided with clean bedding labelled to them and working in partnership with parents to meet any individual needs for example if a child prefers to sleep in a sleeping bag we will ask parents/carers to bring one from home
- Cleaning all bedding as required and at least weekly
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking/vaping policy

We ask parents to complete information on their child's sleeping routine with the child's key person when the child starts at nursery and this is reviewed and updated at timely intervals, for example when the child changes rooms. 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 offer this unless the baby's doctor has advised the parent of a medical reason to do so in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the form. We do not guarantee to allow such positions but will seek advice, eg from a health visitor, on the safety of the request. Parental wishes will not be followed should their requests go against current safer sleep guidance.

We recognise parents' 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. They will also not usually wake children from their sleep unless they are in the process of being weaned off a daytime nap and in these cases a time limit for their sleep will be decided on in consultation with parents. Where children are too sleepy to wake successfully staff will not force them to wake up.

Individual sleep routines are followed, with a general 'nap time' after lunch offered to all children under the age of 3. We create an environment that helps to settle children that require a sleep for example dimming the lights and using soft music, whilst ensuring that we continue to meet 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/children.

Whilst children aged over 3 are not routinely offered a nap, this will be provided should they require it. Parents are requested to inform staff if a child in Pre-School is still regularly having a daytime sleep when at home.

Staff will discuss children's sleep routines at the end of the day during feedback, and share observations and information about changes in usual routine (e.g. a much longer or shorter sleep than usual) and children's behaviour when they do not receive enough sleep. Safer sleep guidance for parents is displayed in the entrance to the Baby Unit.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins, as found at [Safer sleep for twins - The Lullaby Trust](#) for example if parents wish to 'co-bed' their twins.

Further information can be found at: www.lullabytrust.org.uk and [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>30/11/2023</i>	<i>C. Daly</i>	<i>30/04/2027</i>