



## **SLEEP POLICY**

Clyde Nursery Ltd 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. Our policy follows the advice provided by The Scottish Cot Death Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep towards the bottom of the cot, but when babies can easily turn over from the back to stomach, they are allowed to adopt whatever position they prefer to sleep
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Staff ensure that bibs are removed and there is nothing round the child's neck.
- Babies/toddlers are monitored visually when sleeping. Checks are recorded every 10 minutes and babies/toddlers are never left in a separate room without staff supervision.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.
- As good practice and to give reassurance to parents/carers, staff will monitor the sleep of babies under six months or a baby new to Nursery, every five minutes until we are familiar with the child and their sleeping routines.
- Any child who is showing signs of being unwell, will be monitored every 5 minutes.

We provide a safe sleeping environment by:

- Monitoring the room temperature.
- Keep the room well ventilated but do not position a cot below a window or in front of a working radiator.
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed 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 and mattress covers are used in conjunction with a clean fitted sheet.

- 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.
- Transferring any baby who falls asleep while being nursed to a safe sleeping surface to complete their rest
- Ensure that the gaps between the bars of the cot are less than 6.5cm and that the space between the mattress and the cot is no more than 4cm
- Having a No Smoking or Vaping Policy

Staff will discuss babies sleeping habits at their settling in/induction visit with parents and if a baby has an unusual sleeping routine or a position that we do not use in Nursery i.e., babies sleeping on their tummies, we will explain our policy to parents and ask them to sign to say they have requested we adopt a different position.

We recognise parents' knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. (Staff will not force a child to sleep or keep them awake against his or her will). Staff will also not usually wake children from their sleep unless under specific instruction from the parent or carer, although generally we will not let a child sleep for longer than two hours unless a longer sleep for a child is specifically requested by the parent or carer.

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.

A copy of this policy is available to view in the Policy Folders held in the Nursery Office and Nursery Playrooms.

Reviewed: November 2023

Date of Next Review: November 2024