

Thrive Childcare and Education knows that regular, good quality sleep is paramount for the developing brain and is key to children being able to make the most of their day, both physically and mentally. Thrive Childcare and Education operates a sleeping child policy, which underpins safe sleeping messages, in line with government guidance and ensures children have enough sleep and rest to support their development.

The safety of sleeping children and babies is paramount, we will ensure that:

- Details about the way individual babies sleep is discussed and logged in the relevant documentation before the child starts. The latest medical guidance regarding sleeping will always be followed
- All sleeping babies and children will be supervised within sight and sound of an adult. Where sleep rooms are utilised away from the playrooms, a risk assessment will be produced to demonstrate how children will remain in sight and sound of an adult at all times. This may include the use of cameras or monitoring equipment as appropriate
- Children under 12 months and those who are unwell must be closely supervised at all times by an adult who is in close contact with them. This also applies to children sleeping outdoors
- Babies and toddlers are **never** put down to sleep with a bottle to self-feed
- Bedclothes are firmly tucked in and no higher than just under the baby's shoulders, so that they can't wriggle down under the covers. We never cover babies or children's heads
- Light blankets are used to cover sleeping children. All bedding is clean and used for one child only
- Parental requests for the use of infant sleeping bags/grow bags or cot blackout covers, are outlined in a care plan, personal plan and/or risk assessment as appropriate and reviewed regularly
- Sleep mats are placed head to toe with space between each one
- Children's shoes will be removed before they are laid to sleep, their clothes will be dry and their faces clean
- Children have access to the comforters they require that will help them sleep, unless they may pose a safety risk
- We do not promote the use of prams for sleeping; however, if requested, this is outlined in a care plan with the understanding that this is for a limited time until the child is settled using a cot, coracle or sleep mat. Prams are laid flat for sleeping
- If babies fall asleep in chairs or while being nursed, they will be transferred as soon as practicable to the appropriate sleeping surface. The same applies if they arrive asleep in a car seat
- Frequent 10-to-15-minute monitoring checks must be carried out on sleeping children and recorded on the relevant form. When monitoring, the member of staff checks the rise and fall of the baby's chest and assesses their temperature by feeling the back of their neck or tummy
- The room will be well ventilated, and the room temperature will be between 16 and 20°C
- All colleagues follow our No Smoking policy
- Parents share sleeping routines with us when their child starts at nursery, and we update these as they change
- Provision is made for children to rest or play if they are not sleeping
- Children are not forced to sleep if they are not tired or do not want to, and any changes to children's usual sleeping patterns will be shared with parents at the end of the day
- Children will not be abruptly woken from sleep, however if it is necessary to wake a child, the ambiance of the room can be gently changed by opening blinds, switching the lights on, or playing calming music etc.

- Where calming music or white noise is used, the volume must be at a level that does not disrupt other individual sleeping requirements
- Practitioners understand that children are individuals and as such, have differing requirements when it comes to a sleep time routine. Tired children will usually fall asleep unaided if the ambience of the room is correct and they feel comfortable, safe and secure as they lie down. Some children will need personalised support to help them to sleep such as cuddles, soft singing or nurturing touch e.g., stroking the head or gently patting the back
- Practitioners must ensure that any agreed, personalised support routines remain in line with our safeguarding children policy and procedures
- Practitioners should ensure children have a clean nappy on and that outer clothes will be removed to reduce the likelihood of overheating
- Practitioners must ensure that children have had ample fluid or food before settling to sleep and will check that children are not storing or holding food in their mouths prior to lying down
- Hair clips and bobbles, dummy cords or amber necklace beads will be removed as these are a choke hazard
- Cots, coracles and sleep mats will be checked regularly to ensure they are in good repair. Any issues or defects will be reported to the nursery manager immediately.

Cots and Coracles

At Thrive, coracles are the preferred resource for sleeping babies as they promote independence, allow easy access for the practitioner to soothe and support babies and avoid the need for the adult to lift or bend limiting the risk to practitioner's backs. In addition, they are space saving and can be cleaned easily. However, cots can be used for babies who are not yet walking. Cots are used in the home because often babies are sleeping away from their parents once they have left their Moses basket in their parents' room.

Children can use coracles throughout the day to crawl into of their own accord should they need a rest, supporting children's independence and developing self-regulation skills. Usual hygiene procedures apply, should a child fall asleep in a coracle during the day. If coracles are not all being used for independent access, they can be stacked and stored away until sleep time. When using cots or coracles please ensure that:

- Babies are placed on their backs to sleep, with their feet placed at the end of the cot or coracle. If babies under 6 months have turned themselves over during sleep, we will gently turn them back
- Cots are only used for sleeping children and are never used to contain children who are awake, except for the evacuation cots being used in an evacuation
- Cots are the appropriate size for the babies who are using them. The base of the cot must be on the lowest level and the sides of the cot must be at the highest setting to avoid babies falling out if they stand up
- Children who can walk confidently and are able to climb are not placed in cots to sleep, but use coracles or sleep mats appropriate for their age and stage
- Cots **must not** contain bumpers, mobiles and toys etc.. Drawstring bags and cords of any kind must not be kept within reach of the cot. Babies will not be put to sleep wearing hats or bibs
- Sleeping twins will not be put to sleep together in a cot

- Cots, coracles (including their mattresses) and sleep mats are safety approved, clean and regularly checked for damage to ensure they remain compliant with safety regulations. Mattresses must be PVC covered and wiped down after each use and any mattresses must fit without gaps within the coracle or cot.
- Cots will not be placed under a window or next to a working radiator, they must not be close to blind cords or anything that can pose a risk of strangulation
- If coracles are being used for non-mobile babies in a room where there are older mobile babies, then ensure that a practitioner is sat with these coracles. Where required, a safe sleeping space can be created within the room that mobile children cannot access for the duration that young babies are sleeping
- Where you are expecting a baby under 6 months to start at nursery, the early years team and regional manager are consulted in order that a risk assessment can be carried out and this transition well planned for.

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