



Sleep and Rest Policy and Procedure

At the URC preschool and nursery we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with parents/carers to ensure there is consistency between home and our setting. Parents/carers will be asked to provide details of their children's routines before their first day, including the usual duration and time of their nap, as well as settling techniques used at home. If there are any changes to the child's routine, this should be communicated to the setting straight away. Parents/carers will be notified of their child's sleep times at the end of each session, where appropriate. We follow NHS guidance on safer sleep regarding sleep and nap times and take the necessary precautions associated with SIDS (Sudden Infant Death Syndrome) however due to the age of the children in the setting not all the guidance is relevant. Our setting is smoke-free, so babies and children will not be exposed to smoke while sleeping. At the URC preschool and nursery, we will wake a child at the end of their allocated sleep time gently or allow them to wake naturally depending on the parents preference.

Safe Sleep Procedures

At the URC preschool and nursery, we give careful thought to the safest location for sleep, considering the bed/cot itself, room temperature, potential hazards that need to be out of reach and how we will monitor each child. Our children sleep in Rainbow room once the morning session has finished.

As per the Early Years Foundation Stage Statutory Framework (EYFS), childcare settings must ensure that babies are kept safe, which includes following NHS guidelines on SIDS. Our Sleep Policy and Procedures take into account NHS guidance from their publication, 'Reduce the Risk of Sudden Infant Death Syndrome (SIDS). The children will have their own clear, flat sleep space, without toys, bumpers, cushions, sleep positioners or wedges. Nests, hammocks and beanbags are also discouraged for sleep, as they can create potential choking hazards. This follows recommendations from the Lullaby Trust, who are experts on the prevention of SIDS (Sudden Infant Death Syndrome) and are mentioned in NHS guidance. All children will sleep in individual travel cots. All mattresses will be flat, firm, waterproof and kept in good condition. Cots and beds are in a suitable, safe position. Any strangulation hazards, such as blind cords

and plastic bags, will also be kept out of reach of children. Babies will not be allowed to sleep on sofas or chairs, even if an adult is present.

It is recommended that babies are not left sleeping in an inclined or seated position. If a child falls asleep within the setting while seated they will be moved into a travel cot straight away.

A recommended room temperature of between 16 and 20 degrees is maintained wherever possible, avoiding heat sources, direct sunlight and draughts.) Precautions will be taken to ensure the children do not overheat. They will not sleep in outdoor clothing/coats, be given hot water bottles/electric blankets or have heaters close by during naptimes. Where necessary, their body temperature will be checked using a hand on their chest or upper back. All children and babies are monitored regularly whilst asleep and are in sight and/or hearing at all times. They are also regularly checked on individually, in person, while sleeping every 10 minutes and this is recorded on a chart. After each sleep, the bedding for the bedding for that child is placed in a named carrier bag and the bedding is washed regularly. All staff know to call 999 if a child will not wake up, stops or has difficulty breathing, appears overly confused or has a seizure.

At the URC preschool and nursery, we recognise that each child's routine is unique and we will work closely with parents/carers to ensure there is consistency between home and the setting, while still maintaining safe practices and meeting our duty of care. For children who require dummies and/or comforters, these should be provided by parents/carers and they will be stored with the child's personal belongings. If a dummy falls out of a child's mouth while sleeping, it will not be put back unless the child wakes. Dummies must not have cords if being used by sleeping children, as these can pose a strangulation risk. All children will either self-settle or be settled by us, following parents'/carers' wishes wherever possible. We will also take into account safety requirements at all times, as well as the wellbeing and needs of other children in our care. Drinks are not permitted in children's cots, as these can present a choking hazard.

Last Reviewed: January 26