



The Butterfly Rooms (Incorporating Woodlands) LTD

Safer Sleep & Rest Policy

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

At The Butterfly Rooms (Incorporating Woodlands) LTD, we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, both the child and the family
- feel supported throughout.
- Communication between the Nursery and the family is promoted and this starts prior to a child starting nursery so information is shared and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

The Butterfly Rooms (Incorporating Woodlands) LTD, will ensure that anyone who supports a child sleeping or resting in nursery is an employee of the nursery and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

We will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

We will act according to our safeguarding policy and procedures if there are any concerns for the child's wellbeing.

At all times the child's safety, dignity and wellbeing are promoted.

We will ensure that suitable facility and equipment are provided and designated places for sleep and rest.

The Early Years staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and nursery.

Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in nursery.

Prior to starting nursery, we will discuss the children's sleeping needs and routines with families to provide consistency for the child.

Information is recorded in children's information pack. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every 15 minutes.

The time a child is put down to sleep, when they wake and fifteen minute monitoring checks are recorded by staff. This information is available to parents/ carers at all times and will be checked periodically by the Room Managers.

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep.

Staff will always try to take account of parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought e.g. Children going to sleep with bottles.

We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

Staff will encourage children to sleep in designated areas or quiet areas however we aim to meet parental choice if they wish their child to sleep in a buggy.

If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

The Early Years staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Our responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery.

Parents will be provided with information or signposted to support such as Health visitors.

Our staff responsibilities in supporting positive self esteem

Early Years staff will work with the child to promote a positive self-esteem and independence with sleep as far as is appropriate and practical. Our staff will remain calm and offer a supportive approach to children at all times.

Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play.

Staff will be alert and responsive to a child's needs if showing signs of tiredness.

All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to the Nursery and as the child develops, so the child's needs can be met.

This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

If the child requires a comforter this must be in the child's bag and a staff member to be informed.

Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that we always have their emergency contact details.

Enabling Environment Equipment Procedures

When supporting children who need to sleep Early Years staff will ensure:

- ☐ Provision of bedding – their own bottom sheet and blanket. (this is not to be shared with others)
- ☐ Low individual mattresses, cots and buggies if parent request this for child to sleep
- ☐ Designated sleep/rest area in each room
- ☐ Quiet areas where children can rest if they fall asleep in each room

Health & Safety Procedures

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- ☐ Mattresses, cots and other sleep areas are cleaned with antibacterial wipes once a child has been removed.
- ☐ Used bedding should be washed in non-biological washing detergent.
- ☐ Each child has their own sealed bag with bedding in it.
- ☐ Clean bedding is stored hygienically.
- ☐ Torn or ripped bedding is removed immediately and replaced.
- ☐ Parents asked prior to children starting Nursery if their child has allergies to washing detergent and if so, appropriate precautions taken – such as parents supplying and washing own bedding.

This is policy was adopted by

The Butterfly Rooms Ltd

On

1st September 2024

Date to be reviewed

31st July 2025

Signed on behalf of the Management
committee



Name of signatory

Ms S Cheale