



Nazeing Pre-School, c/o Nazeing Primary School, Hyde Mead, Nazeing. EN9 2HS

## **Sleep policy**

The safety of children sleeping is paramount. Our policy follows the advice provided by the Lullaby Trust to minimise the risk of Sudden Infant Death.

### **Safeguarding and Welfare Requirement: Safety and Suitability of Premises, Environment and Equipment**

Providers must take reasonable steps to ensure the safety of children, staff and others on the premises.

### **Health**

The provider must promote the good health of children attending the setting.

### **Policy statement**

Young children need sleep and rest periods for their wellbeing and to aid their general development. Children all develop at different rates and Nazeing Pre-School must therefore meet the individual needs of each child. Young children may need sleep at regular intervals throughout the day, or as and when they need to: it is the responsibility of staff to support each child with responsive sleeping. This policy document sets out our philosophy and approaches with regards to responsive sleep and also sets out the practices and checks followed by Nazeing Pre-School to reduce the risk of Sudden Infant Death Syndrome (SIDS). Checks will be carried out to ensure the safety and comfort of each child.

### **Sleep Preferences**

Sleep preferences will be discussed with a parent during the settling in period and again as and when the parent identifies any changes or preferences to sleep patterns for their child. We adopt the responsive sleep strategy, which is flexible to the child's need on each individual day. Whilst we aim to respect timings of sleep preferences adhered to by the parents, if a child does not fall asleep within 15 minutes, they will resume play and staff will encourage sleep again when they become tired. Similarly inline with the responsive sleep strategy we will not physically wake children from their sleep before one hour. During their sleep activities will continue to carry on around them, if a child remains asleep we wait until they naturally wake.

### **Preparing for Sleep**

It is important that children are comfortable, to ensure a restful sleep. To ensure the safety and comfort of each child, staff will ensure that:

- Temperature guidance on blankets and clothing is followed as per risk assessment. Children who are going to sleep will have all outer layers of clothing removed down to a single layer to avoid overheating.
- Children have been offered a drink of water before sleep
- The room is well-ventilated with a temperature between 16-20°C where possible

Each child has:

- A clean face and hands
- A dry, clean nappy
- Their comforter, if used
- Shoes and loose clothing, including bibs, have been removed.

Children are:

- Initially placed to sleep on their backs, once children can roll from their front to back and back to front, they will be able to find their own sleeping position.
- Settled to sleep with their feet at the foot of the blue bed and a blanket tucked in and made up so it comes no higher than under the children's armpits.
- Children do not sleep with large soft toys that have the potential to smother them, if a child has a comforter once they have fallen asleep the comforter will be gently removed and placed into their individual bags.

### **Sleep Monitoring**

Sleeping children will be checked every ten minutes and the checklist completed with a staff member initials. Staff will check and confirm that children are breathing using visual techniques as well as placing a hand on the child's chest if needed to ensure it is rising and falling in a normal breathing pattern. The room temperature will be recorded on the sleep record sheets also.

### **Emergency Situations**

Unresponsive or unwell child. Children who we are monitoring with a temperature of 38c or above should not be placed to sleep (see risk assessment). Should a staff member be concerned about a child's wellbeing, they will immediately call for help from another staff member and the Manager. A senior staff member will call 999 for immediate assistance if necessary and inform the child's parents of action taken. All qualified staff attend Paediatric First Aid Training which is updated every 3 years. Staff will be expected to carry out the required procedures for a child who suffers the following effects:

- Stops breathing or turns blue
  - Is struggling for breath
- Is unconscious or seems unaware of what's going on
- Experiences a seizure, even if they seem to recover.

Emergency evacuation of sleeping children (see Emergency Evacuation procedures) In the event of an evacuation a member of staff will carry a sleeping child out to the evacuation point and gently wake them. Staff will take the evacuation bag located in the black box outside of Pre-School entrance and ensure that any children requiring socks and foil blankets are supplied to them (Note that foil blankets are only effective for retaining heat). All emergency situations and drills will be logged and actions reviewed.

This policy was adopted by	Nazeing Pre-School	(name of provider)
On	27 <sup>th</sup> September 2024	(date)
Date to be reviewed	September 2025	(date)
Signed on behalf of the provider	Nicky Mainwaring	
Job role	Pre-School Manager	

### Further information

Sleep risk assessment

Sleep monitoring form

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf>

<http://www.healthyearlyyears.co.uk/sleeping.html>