Safeguarding Children

1.18.1 Safer sleeping policy and procedures

Policy statement

At School House Nurseries we recognise the critical role that sleep plays in supporting children's emotional well-being, cognitive development and physical growth. We understand that quality, and significant, rest is essential in overall health and development.

Aim

This policy aims to promote safe and developmentally appropriate sleep practices for all children in our care. We are committed to ensuring the children's safety, emotional well-being and respect for their individual sleep needs and we follow the guidance from:

- The Lullaby Trust
- NHS safer sleeping advice
- The EYFS Statutory Framework
- Local safeguarding procedures

The safety of babies and young children is paramount during sleep and rest periods.

Settling in and understanding sleep routines

- Settling in. During the settle sessions a child's Key Person will learn about the child's individual sleep routine and discuss with you how we will support this. We have a secure sleep routine that we follow each day – as this helps a child settle and feel secure within their environment – but we will aim to marry this with your individual requirements.
- Recording the sleep routine. The Key Person discusses a child's sleep routine with parents / carers and records this on our "Building a Picture" form. This will be kept in a child's file in the classroom. As a child becomes older and their routine develops, we will discuss with parents / carers any changes we need to make regarding their sleep routine.
- Sleeping limits: If a child has a sleeping limit this will be discussed during the settling in period. If this changes at any time we will update the record keeping in a child's file.
- Comforters. Children under the age of 1 are not to have comforters to go to sleep with. Children over the age of 1 may have a comforter, but this must not be a muslin cloth.
- Children must be awake upon arrival at the setting. We will not take a child if they are asleep.

Safer sleep procedures in practice

Before a child is put down to sleep the staff member responsible will:

- Ensure that the sleep room is at the right temperature – ideally between 16-20 degrees Celsius. We have a wall-mounted room thermometer in the sleep room (this thermometer is maintained by the Manager).
- During hotter months, windows will be kept shut (to keep hot air out as much as possible) and fans will be used to circulate air from cooler rooms to the sleep areas. Fans will not be used when children are sleeping.
- Children under the age of 1 must go to sleep in a cot that meets British Safety Standards.
- When a child under the age of 6 months is sleeping an adult must be present at all times.
- Children over the age of 1 may go to sleep on a flat sleeping mat or coracle with a fitted sheet.
- Children will only be put to sleep in the cots, on mats or in the coracle. We will not use a reclining chair or buggy.
- If a child falls asleep in a buggy on a walk they will be transferred to a safe sleeping place such as a cot coracle or bed when they get back to nursery. If they are wearing hats, coats or blankets they will be removed to avoid overheating.
- A clear sleeping space. We will ensure that:
    - There is an adequate space left between the coracles so that staff and children can safely walk and move between each bed.
    - Anything on a shelf is pushed away from the edge of the shelf so there's no chance of it falling.
    - Any loose materials or resources are removed from the coracle and floor. The coracles are kept clear of any other objects such as toys and comforters.
- The mattress. When we use a sleeping mat, we use a firm, flat and waterproof mattress and lightweight bedding. The sheets are fitted sheets.
- Blankets and sleeping bags. We use cellular blankets. If your child uses a sleeping bag, the bag must be 0.5 - 1 tog in the summer and up to 3.5 tog in the winter. If we think a child will be too hot in a sleeping bag we will not use it.
- The sleeping bag process. The staff member responsible for putting a child in a sleeping bag will:
    1. Make sure that the sleeping bag is the right size for the child – not too big or too small.
    2. Make sure that the child is wearing the right clothing. Layered clothing will be removed to avoid overheating.
    3. Open the zip from top to bottom.
    4. Lay the child on top of the open bag and then zip all the way to the top.
    5. Secure the poppers.
    6. Lay the child on their back in the cot or coracle (depending on age).

- Appropriate clothing. We will remove any dribble bibs, thick jumpers, clothing with hoods and string.
- Sleeping position. Children will be placed to sleep on their backs. If a child rolls over during sleep, we will be aware of this as we monitor sleep carefully (see sleep checks procedure, below). We will ensure that they are not facing downwards or lying on their front.
- Colder months. During the colder months we use cellular cotton blankets as these provide air flow. Some parents will provide sleeping bags. When using blankets, we will not fold them over (to avoid overheating).
- Waking a child. To ensure waking is done in a safe and respectful manner we will ensure that children are given time to process being woken up. The member of staff managing this will quietly tap or stroke the child on their back, tummy, hands and feet. They may sing gently to the child, to encourage them to wake up.
- Sleep checks. We ensure that all children are checked regularly when sleeping. Children under 1 are checked every 5 minutes; children over 1 are checked every 10 minutes. On each check staff will monitor the child's breathing and breath; observe their chest rising and falling; and ensure that there is nothing blocking their airways.
- Recording sleep. We will record children's sleep on Famly. Parents and caters will be able to see on their child's account that checks have been made and when their child wakes up.