



## Sleeping Children Policy

The aim of this policy is to ensure all children have enough sleep for them develop and to promote best practice for all children in a safe environment. The safety of babies & children sleeping, in our nurseries, is paramount and we promote good practice and ensure that we work in partnership with the parents.

Acorns2Oaks adopts a policy of practice, recommended by the NHS & Lullaby Trust, to minimise the risk of Sudden Infant Death Syndrome (SIDS). Further information can be obtained from: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk); [www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/](http://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/)

Our cohort is aged from 18 months, and the vast majority attend half days only. Therefore, it is not usual for children to require regular or fixed day-time naps. However, we are aware that, more so during the settling-in term, children may get very tired and need to have opportunities to rest and sleep within the nursery day. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need.

This policy will be reviewed when changes arise. A copy of this policy can be obtained from the Nursery Offices or downloaded via our website.

### ***Our "Safe Sleep" procedures are:***

- Children aged 18 months+ can sleep on their back or sides, with pillow and/or light blanket.
- All possible attention will be given to ensure the child is both comfortable and safe.
- Our sleeping areas are within the playrooms and are quiet, comfortable, and carpeted.
- Clean blankets are provided and washed after each use and blankets are not shared between children.
- All spaces around the sleeping child are kept clear from obstructions and hanging objects i.e., hanging cords, blind cords, drawstring bags.
- Where necessary, children are safely transferred to a safe sleeping surface to complete their rest.
- Our playrooms are well ventilated, with room temperatures kept between 68-75°F.
- Sleeping children are ***not left alone*** in the playroom and are checked on every ***5 minutes***.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.
- Where a child displays signs of being unwell, our ***Child Sickness Policy*** will be followed, and the Parent contacted.
- Parents may provide the child's usual security aids such as a dummy, blanket etc. This will be discussed during the registration process.
- All nursery staff are Paediatric Emergency First Aid Trained and are fully aware of the procedures within this policy.
- Sleep periods are documented and reported to the Parent at the end of each session.
- Our Centres have a no smoking/vaping policy, in and around the buildings and grounds.

### ***Parent Partnership***

- Parent's wishes will be followed relating to how the child is positioned to sleep, as long as these fit within the SIDS guidelines around safe sleeping.
- Lack of sleep is detrimental to a child's development and can impact negatively on children's behaviour and eating habits. Should a parent request that a child must or must not sleep, the practitioners will discuss the needs of the child with the parent and reach a decision that ensures the child's needs are met effectively.
- We recognise parents' knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against their will. We will not usually wake children from their sleep.
- Staff will discuss any changes in sleep routines at the end of the day and share observations and information.