

At Moira House Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies' sleeping is paramount.

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.
- Babies/toddlers will never be put down to sleep with a bottle to self-feed.
- Babies/toddlers will be monitored visually when sleeping. Checks are recorded every 15 minutes.
- As good practice we may increase the monitoring of a baby under six months or a new baby sleeping during the first few weeks, e.g. to every 10 minutes. This is until staff become more familiar with the child and sleeping routines and to offer reassurance to them and families.
- We will provide various ways in which a child can sleep i.e. cot, pushchair, bouncer, travel cot, mattress. We will follow the parents request as to where they would like their child to sleep and the length of time they should sleep for.
- If a child of any age falls asleep during the day we will endeavour to do what we feel is in the best interest of the child at that particular time

We provide a safe sleeping environment by:

- Monitoring the room temperature.
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Ensuring every baby/toddler is provided with clean bedding.
- Should a baby fall asleep while being nursed by a staff member they will be transferred to a safe sleeping surface to complete their rest.

Routine sheets are filled out with the parent and key worker when they are settling in to the nursery and this is updated at timely periods to review.

We recognise parents' knowledge of their child in regards to 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 his or her will.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Related policies and documents

This policy should be read in conjunction with the following policies and documents:

- Employee Handbook
- Staff Handbook
- Code of Conduct for Employees
- Health Safety Handbook
- Boarding Staff Handbook
- National Minimum Standards for Boarding Schools



ROEDEAN MOIRA HOUSE NURSERY - SLEEPING POLICY 2018-2019

ISI Handbook for the Inspection of Schools, Regulatory Requirements
Teachers' Standards
Departmental Handbook
Keeping Children Safe in Education
Safeguarding Policy
Nursery Policies
Complaints Policy (Parents)
Complaints Policy (Pupils)

POLICY REVIEWED BY SCHOOL: May 2018

POLICY REVIEWED BY SCHOOL COUNCIL: June 2018

NEXT REVIEW: May 2019