

## **Sleep Arrangement Policy**

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

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society, Lullaby Trust and Government guidance through NHS to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping, looking for the rise and fall of the chest.
- An alarm reminder is set to make physical checks sleeping children every 10 minutes and recorded on the chart.
- If needed the baby monitor will be on and placed near the child in the sleep room and receiver in hearing distance of a practitioner

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 too many layers of clothing, take off their shoes)
- Only using safety-approved cots that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots/prams 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
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Ensuring parents of children who use a dummy to go to sleep with, have signed to say they are happy for their child to have the dummy. (found in registration folders)
- Having a no smoking policy.

Procedure and things to think about when putting child down to sleep:

- 1) Have they had snack? / drink?
- 2) Do they need their nappy changed?
- 3) Do they need a bottle of milk?
- 4) Do they have a dummy or soother to sleep with? (Check it is safe to give them)
- 5) Are they going to be too hot / cold?
- 6) If they are wearing shoes - take them off.
- 7) Put child feet to bottom of cot
- 8) Put on music/lullaby if needed

If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child with regard 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. They will also not usually wake children from their sleep.

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

### **Sleeping twins**

Once a child can roll over by themselves they will be slept in separate cots.

### **Further information can be found at:**

NHS advice on Sudden Infant Death Syndrome:

<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>

Safety of sleeping children

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the->

[risk-of-sudden-infant-death-syndrome/](#)





**ALTON**

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>11th April 2022</i>	<i>Jo Osgood</i>	<i>11th April 2023</i>