



# Sleep and Rest Policy and Procedures

At Puddle Ducks, we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with parents/carers to ensure there is consistency between home and our setting.

Parents/carers will be asked to provide details of their children's routines before their first day, including the usual duration and time(s) of their nap(s), as well as settling techniques used at home. If there are any changes to the child's routine, this should be communicated to the setting straight away. Parents/carers will be notified of their child's sleep times at the end of each session, where appropriate.

We follow NHS guidance on safer sleep and have thorough risk assessments in place regarding sleep and nap times. Our risk assessments include necessary precautions to help minimise the risks associated with SIDS (Sudden Infant Death Syndrome). Our setting is smoke-free and vape-free, so babies and children will not be exposed to either substance at any time, including while sleeping.

We will wake a child at the end of their allocated sleep time gently if this has been agreed with the child parents/carers.

## **Safe Sleep Procedures**

We give careful thought to the safest location for sleep, considering the bed/cot itself, room temperature, potential hazards that need to be out of reach and how we will monitor each child.

Babies sleep in cots and lay flat pushchairs, while toddlers and other young children sleep on mats.



As per the Early Years Foundation Stage Statutory Framework (EYFS), childcare settings must ensure that babies are kept safe, which includes following NHS guidelines on SIDS. Our Sleep Policy and Procedures take into account NHS guidance from their publication, 'Reduce the Risk of Sudden Infant Death Syndrome (SIDS)'. Safer sleep guidance applies to all babies under 12 months of age (or until 12 months from their due date for premature babies).

Sleeping babies will have their own clear, flat sleep space, without toys, bumpers, cushions, wedges or loose bedding. Nests, hammocks and beanbags are also discouraged for sleep, as they can create potential choking hazards. This follows recommendations from the Lullaby Trust, who are experts on the prevention of SIDS (Sudden Infant Death Syndrome) and are mentioned in NHS guidance. All babies will sleep in age-appropriate cots or beds (which may include cribs, travel cots, carry cots, Moses baskets, etc.) and lay flat pushchairs. All mattresses will be flat, firm, waterproof and kept in good condition.

Cots and beds are located in a suitable, safe position. Any strangulation hazards, such as blind cords and plastic bags, will also be kept out of reach of children. Children who are known to climb out of cots may be given a sleeping mat instead.

It is recommended that babies are not left sleeping in an inclined or seated position. If a child falls asleep during travel, they will be reclined where possible and moved to a more suitable cot or bed immediately on return to the setting. If babies fall asleep within the setting while seated (e.g. in a bouncy chair, highchair or swing), they will be moved to a flatbed or cot straight away.

Babies will be laid down on their backs for nap times, with their feet at the bottom of the cot, in line with NHS guidance. Once a baby is old enough to roll over, they will be allowed to roll onto their side or stomach while sleeping and will not be returned to laying on their backs.

A recommended room temperature of between 16 and 20 degrees is maintained wherever possible, avoiding heat sources, direct sunlight and draughts. Thermometers will be used to monitor room temperature.



Age-appropriate, well-fitting sleeping bags or lightweight sheets may be used for babies when necessary. Any sheets will be tucked in securely, no higher than their shoulders.

Precautions will be taken to ensure babies and children do not overheat. They will not sleep in outdoor clothing/coats, be given hot water bottles/electric blankets or have heaters close by during nap times. Children will not have hats, slings or muslin covering their heads/faces while asleep.

Where necessary, their body temperature will be checked using a hand on their chest or upper back.

All children and babies are monitored regularly whilst asleep and are in sight and/or hearing at all times.

They are also regularly checked on individually, in person, while sleeping.

After each sleep, mattresses will be wiped down and the bedding changed.

In addition to following safer sleep procedures in our setting, we also aim to equip families with the information they need to make informed decisions regarding their child's sleep procedures at home.

Should parents'/carers' wishes go against safer protocol, we will discuss this on a case-by-case basis.

All staff know to call 999 if a child will not wake up, stops or has difficulty breathing, appears overly confused or has a seizure.

## **Settling Procedures**

We recognise that each child's routine is unique and we will work closely with parents/carers to ensure there is consistency between home and the setting, while still maintaining safe practices and meeting our duty of care.



For children who require dummies and/or comforters, these should be provided by parents/carers and they will be stored with the child's personal belongings. If a dummy falls out of a child's mouth while sleeping, it will not be put back unless the child wakes.

Dummies must not have cords if being used by sleeping babies, as these can pose a strangulation risk.

All children will either self-settle or be settled by us, following parents'/carers' wishes wherever possible. We will also take into account safety requirements at all times, as well as the wellbeing and needs of other children in our care.

Drinks are not permitted in children's cots, as these can present a choking hazard. We will discuss the dangers of prop feeding with parents/carers where required.

### **Rest Time**

Children who are not sleeping will be encouraged to engage in rest or quiet time. This allows toddlers and older children to recover their energy.

The activities during this time could include circle time, story time or small group games.