

2.8 Sleep Room policy

Policy statement

At Perins Pre-school, 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 children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Children are never put down to sleep with a bottle to self-feed.
- Children are monitored visually when sleeping every 10 minutes.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved and suitable sleeping equipment that are compliant with British Standard regulations.
- Only letting children sleep in prams if they lie flat and we have parents' permission.
- Keeping all spaces clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Having a no smoking policy.
- Using a firm and flat mattress.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at setting, and these are reviewed and updated at timely intervals.

We recognise parents' knowledge of their child about 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 day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with the parents to maintain sleep routines and well-being.

Further information can be found at: www.lullabytrust.org.uk

This policy was adopted by

Perins Pre-school

On

25th April 2024

Date to be reviewed

25th April 2025

Signed on behalf of the provider

Michelle Osman

Name of signatory

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager