



## Safer Sleep Policy

Sleep is the primary activity of the brain during early development. By the time they are 3 -6 weeks old most infants have developed a sleep-wake cycle. Sleep is an important part of a healthy lifestyle and helps each child achieve their full potential as it directly impacts on their mental and physical development.

Our trained practitioners supervise the children by sight and sound at all times. This means an appropriately trained and qualified practitioner is actively watching and listening for children who are sleeping, falling asleep, and waking. The sleeping space is lit well enough that practitioners can see each child's face and the colour of his or her skin. As part of active supervision, practitioners regularly make sure sleeping infants' heads and faces are uncovered. They make sure babies are not too warm or too cool. If a baby is sweaty, the practitioner adapts the baby's attire or the temperature of the room. If a baby's hands or feet are cold to the touch, practitioners add an additional layer of clothing (or socks) or adjusts the temperature of the room. While babies are resting, at least one practitioner must be actively supervising them. This practitioner can take care of routine daily tasks during rest time but these must not distract from their primary job of child supervision.

### For this reason we will:

- Let a child sleep when they are tired
- Endeavour to follow routines outlined by parents
- Let a child sleep as long as they need and wake naturally whenever possible. We will take into account information about the child's sleep routines given to us by their parents/carers and discuss with them their child's individual needs and how best to manage these
- Not force a child to sleep
- Give a reasonable amount of time for children to rest or get to sleep
- Ensure that the children have a safe and comfortable environment to sleep in
- Make children comfortable and safe if they fall asleep in an area other than the sleep area e.g. in the book corner on cushions etc
- Let children sleep at times other than the designated sleep time according to their individual needs
- Continue to support children of all nursery ages to sleep if appropriate, with the understanding that most children do not nap after 5 years of age.

For more guidance on sleep we recommend the following website: [www.sleepfoundation.org](http://www.sleepfoundation.org)

### Sleep Room

Children are monitored in the sleep room at regular intervals of every 10 minutes and checks are logged on the family app. The sleep room camera is motion activated and records footage for 30 days.

Babies are always placed on their back to sleep and not on their front or side. Sleeping on their back (known as the supine position) is one of the most protective actions we can take to ensure the baby is sleeping as safely as possible. Our babies sleep in high-quality cots free of bumper cushions, pillows and duvets. Children are allocated specific cots and the bedding is changed before a different child sleeps in the cot.

### Buggies

If a child falls asleep in a pushchair, the practitioner **MUST** ensure that they are laid flat, in a comfortable position and that the buggy straps are secure and comfortable.