



**Little Learners**  
NURSERY GROUP

## **Infant Sleep**

**Reviewed: June 2024**

**To be reviewed: July 2025**

Little Learner's Nursery Group understands that babies will join the nursery with a sleep routine that has already been established within their family environment. Babies' sleep patterns are an important part of their routine and are a vital contribution to their health, growth and development. At Little Learner's Nursery Group, practitioners will accommodate your child's established sleeping pattern so far as it is safely possible within the nursery environment.

The Nursery adopts a safe sleep policy following the recommended guidelines for children aged 12 months.

### **Parents as Partners**

To help us provide the best possible care for babies and young children, the key person or EYFS practitioner will:

- Introduce and discuss the sleep policy to all parents when they join the nursery.
- Gather information on how babies sleep at home, and their sleeping patterns.
- A key person will work with parents to agree on the best sleep patterns for their child during their time in the nursery.
- Advise parents of younger babies that the nursery follows the 'Back to Sleep' position that is recommended by the Foundation for the Study of Infant Deaths (FSIDS).
- Ask for parental preferences when settling children to sleep.
- Ensure that all parents of babies cared for in the nursery receive a written copy of our safe sleep policy.

### **Key Person and Nursery staff role**

- We will not use pushchairs, prams or buggies for sleeping children. If children fall asleep in these items we will transfer them to a cot or sleeping mat. Unless prior consent from parents. Use of buggies and consent will be recorded on the sleep chart.
- All under 3's nursery practitioners and support workers will receive in-house induction on our Infant Safe Sleep Policy and SIDS risk reduction.
- Parent preference for sleep positions will be followed and children will be

encouraged to sleep on their back.

- Babies will never be put down to sleep with a bottle to self-feed. Staff will always sit with feeding babies until milk is finished and the baby is settled.
- Babies will be monitored closely when sleeping, checks are recorded every 15 minutes.
- When monitoring, the staff member will look for the rise and fall of the chest, check the child's temperature by hand and if the sleep position has changed.
- The child's wellbeing and sleeping positions will be documented on the safe sleep chart and initialled by the staff member.
- Staff will prepare the children for nap time by moving to a quieter part of the nursery, having a story, playing relaxing music and or having a cuddle.
- Some children like to be patted or stroked when going to sleep. Staff will sit to the side of the cot or mat to do this.
- Staff will remember to use quiet voices at all times whilst children are sleeping and will try to limit the time they come and go from the room.
- Parent preference for sleep limits will be followed.
- Children and parents will be supported to drop the daytime nap before the child moves to pre-school.

### **Providing a safe sleeping environment**

- Room temperatures are recorded daily and monitored throughout the day with every effort made to ensure that the temperature remains between 16-18C.
- Light bedding (blankets) will be used, and babies will be appropriately dressed to avoid overheating, thick jumpers/cardigans will be removed.
- Safety approved cots and mats are used in conjunction with a fitted sheet.
- The sleeping area will be cleared and tidied before use. Mats will be positioned away from open cupboards and shelves. Space will be lefty between mats to allow staff to move freely and safely between sleeping children.

- Children will be positioned head to toe with each other on their mats.
- Every baby will be provided with clean bedding that is changed regularly.
- A comfort toy from home can be placed in the child's cot/mat at parent's request to aid rest, and always away from faces.
- Should a baby fall asleep on a practitioner lap they will be transferred to a safe sleeping surface to complete their rest.
- Any child arriving at nursery asleep in a car seat or buggy will be transferred to a safe sleeping surface. They will only be left in the buggy at parents' prior request.
- We have a no smoking policy in compliance with government legislation and staff members who smoke will ensure that their clothes and breath does not smell of smoke whilst at work so that babies do not experience the unpleasant odour.
- When children wake they will be given cuddles, reassurance and helped to get dressed. They will then be provided with activities and given appropriate light to see. Wherever possible the children who have woken early will be taken to the garden area or a separate learning space so as not to disturb the sleeping children.

When getting a child ready to sleep the nursery staff will ensure a number of things happen:

- Children will be toileted or given a clean nappy if required.
- Clothes checked for wet patches, especially sleeves.
- Outer clothes removed.
- All bibs removed.
- Given a comforter if needed.
- Temperature checked.

\*Parental wishes will always be taken into consideration for children's sleeping routines, however staff cannot force a child to sleep, wake or keep a child awake against their will.

**Consent Form**

- I have read and understood the safe sleep policy.
- I am aware of the SIDS Safer Sleep for Babies information booklet and would/would not like a copy

**For children under 2:**

I would like my child put to sleep in the following position\_\_\_\_\_

Name of Child: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Signature of parent: \_\_\_\_\_

Date: \_\_\_\_\_

Signed on behalf of St. Mary's or St. Saviours by:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_