

**Safeguarding and Welfare Requirement: State here which EYFS Safeguarding and Welfare Requirement this document relates to.**

Risk assess and monitor them while they sleep

## **Sleep and Rest Policy**

### **Policy statement**

All children get very tired during the day and need to have opportunities to rest and sleep within the nursery day. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children get all the sleep they need and so we prioritise and facilitate this at Peekaboo Childcare.

### **Procedures**

- Peekaboo Childcare adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.
- *Babies and young children should sleep:*
  - On their backs*
  - At the bottom of the cot or sleep matt*
  - In a well ventilated room*
  - With NO duvets, pillows or bumpers to the sides of the cots or sleep matts*
  - With sheets or blankets that cannot become tangled*
  - Without any large soft toys that have the potential to smother a baby or child*
  - With a comforter if they normally have one*
- *When getting a child ready to sleep the staff need to ensure a number of things happen:*
  - A clean pull up has been put on or the child has been offered the use of the toilet*
  - Outer clothes removed*
  - Fed or had a drink*
  - A comforter if needed*
  - Not too warm*
- *Children are offered a story or music/white noise machine to help them relax*
- *Children are given a quiet and comfortable space to sleep*
- *Sleep time is offered after lunch, but children who need a sleep before can be accommodated*
- *Sleep time for babies is offered when ever necessary*
- *Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.*

- *All sleeping children must be checked at 10 minute intervals. Key workers are responsible for this and it is logged on Fmly.*
- *Checking a child while sleeping should involve:*  
*Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath*  
*Ensuring that each child is well*  
*Ensuring that each child is not too hot or too cold*  
*Ensuring that all sheets or blankets are not wrapped around the child*
- *Child's sleep is logged on Family immediately and when they wake it is also recorded*
- *Children who sleep in the Rock pool room - the door will be closed and they will be visible through the window to the staff in the main room. Sleep checks will take place via an adult entering the room*
- *Children who sleep in the starfish room - if all children are sleeping staff will use a sound monitor if they leave the room for things such as lunch breaks. 10 minute checks will be conducted at all times and this involves the staff going into the room to physically check each child.*
- *CCTV operates at all times in all sleep rooms*

## **Legal framework**

Early Years Foundation Stage Statutory Guidance 2015

## **Further guidance**

- Foundation for the Study of Infant Deaths 2012

This policy was adopted by	Peekaboo Childcare (Torquay) Ltd	<i>(name of provider)</i>
On	April 2021	<i>(date)</i>
Date to be reviewed	April 2022	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Alexandra Morton	
Role of signatory (e.g. chair, director or owner)	Director	