

09 Early years practice procedures

09.10 Peekaboo Childcare Sleep and Rest Procedures

Our Approach

At Peekaboo Childcare, we know that sleep and rest are important for helping young children feel safe, secure and ready to learn. In line with the EYFS and safe sleep guidance we respond to each child's individual needs. We work closely with families to support familiar, comforting sleep habits. Some children need longer to sleep, especially babies, while older children may only require a short rest if any at all. No child is ever made to sleep. We do not accept sleeping children into nursery, children must be awake when handed over. All staff are trained yearly on safe sleep procedures.

Babies and Children Under 2 Years

- Every baby has their own designated sleep space with individual bedding (cotton sheet and blanket or sleeping bag). Bedding is washed weekly or more if needed, and we do not use pillows.
- Over ones may sleep on a specifically designed sleep mat. This is a firm flat surface.
- Blankets are securely placed on the child and not near their face.
- The child's key person or secondary key person prepares them for sleep by checking nappies and removing heavy clothing, hoods or outer layers and hair accessories. Children are only placed to sleep in one light layer of clothing.
- If the key worker or secondary key worker is unable to settle the baby to sleep - another familiar staff member will.
- Babies are soothed gently by their key person or secondary key person. If they remain unsettled, a familiar and trusted staff member will support them.
- The sleep area is calm, with blinds lowered and white noise to help them settle.
- Babies are checked every 10 minutes. Staff place a hand lightly on the baby's chest or back to monitor breathing, comfort and temperature. Every check is recorded on Family.
- If a baby falls asleep in an adult's arms, they will be transferred to their bed and laid on their back. Adults do not leave babies to sleep on them.
- If a baby falls asleep during an outing, they remain in sight **and** sound of a staff member and we return to the nursery. They are moved to their bed when they return to nursery. The same checks are done and recorded during a trip when a child is asleep.

- Babies are **not** to be left sleeping in an upright position.
- Children are **always** placed to sleep on their backs and never their tummies.
- We use a room thermometer to keep an eye on the temperature on the room when children are sleeping- this should stay between **16 – 20°C**
- Staff monitor children's temperature when sleeping with a physical touch on the chest and will add or remove blankets as necessary.
- We ensure children's faces are clear and not obstructed when sleeping. Any larger comforters are removed when the child is asleep.
- A staff member is always in **sight and sound** of sleeping children.
- We may use a baby monitor if necessary.

Extra Information For Children Under 1 Years

- Children under one years old **must** sleep in our sleep coracles (cot)
- Children under one year old will use an appropriate nursery sleeping bag or blanket. (Parents/Carers are welcome to bring their own sleeping bag if suitable)

Children Over 2 Years

- Older children sleep on individual rest mats with their own bedding.
- Their key person helps them settle calmly, ensuring nappies are checked and removing outer layers and clothing with hoods. Any hair accessories that may come loose are removed.
- If the key worker/secondary key worker is unable to settle the child to sleep, another familiar adult will.
- If a child falls asleep during play, they may be moved gently so they are safe and comfortable. Children do not sleep on adults.
- Staff complete sleep checks every 10 minutes and keep children within sight and/or hearing.
- Children are checked every 10 minutes. Staff place a hand lightly on the child's chest or back to monitor breathing, comfort and temperature. Every check is recorded on Family.
- Blankets are securely placed on a child and not near their face.
- Children are **always** placed to sleep on their backs and never their tummies.

Procedures for All Ages

- Sleep areas are calm, uncluttered and set up safely.
- Children are settled calmly and given prior notice to sleep time using visual prompts such as Now and Next cards.
- Children sleep head-to-toe to help reduce the spread of viruses.
- Sleep times are never rushed to fit around staff lunch breaks.
- Children are woken gently and given time to wake naturally. They are comforted, re-dressed if layers are removed and offered a drink.
- Bedding and beds are tidied away immediately after use.
- If a child falls asleep unexpectedly, staff ensure they are safe, either by moving them or waking them gently depending on what is best for their wellbeing.

Further Guidance

We follow safer sleep recommendations from The Lullaby Trust:

www.lullabytrust.org.uk/safer-sleep-advice