

Children & babies can sleep or rest during any part of the day. The following procedures will ensure that every child will be made comfortable and always kept safe during their individual rest period. All children should be put to sleep in a quiet, calm, and open space.

Babies (under two years old)	Children 2+
<ul style="list-style-type: none"> Children under two years old may sleep in cots, mats, baskets or pushchairs. <p>Babies will sleep:</p> <ul style="list-style-type: none"> On their backs At the bottom of the cot NO PUSHCHAIRS INDOORS With NO duvets or bumpers to the sides of the cots With sheets or blankets that cannot become tangled Without any large soft toys that have the potential to smother a baby With a comforter if they normally have one Sleepers outside - Keep a regular check to make sure birds/squirrels/insects are not bothering the sleepers. 	<ul style="list-style-type: none"> Each child should be made comfortable using either the blue/purple & bunk beds. <p>Children will sleep:</p> <ul style="list-style-type: none"> Initially on their backs, they will maneuver themselves to their favorite position. NO PUSHCHAIRS INDOORS Covers to cover the child lightly or armless sleeping bags. Each child will be positioned safely so they can't roll off the bed and so that other children can't collide with them. Each child will be comforted to their individual liking and every child can have their comforter as required. Children sleeping outside can sleep on the beds. Keep a regular check to make sure birds/squirrels/insects are not bothering the sleepers.

Staff will be aware of individual needs of the babies & children registered with the nursery. Sleep routines are a very intimate part of a child's day. Any child or baby will not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep.

Getting ready to sleep - staff will ensure a number of things happen

A clean nappy or toiletied.

Outer clothes removed – hoodies/neckerchiefs removed (Coats can be worn in pushchairs not zipped up to the neck)

Fed or had a drink

Shoes & socks removed

A comforter if needed

Not too warm but no draughts

Individual bedding is used

Sleep Monitoring: (additional information is also available on the Early Years Safe Sleeping Guide) All sleeping children will be checked at 10 minute intervals. Staff who are working in the room are all responsible for checking the children.

Checking a child while sleeping will 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/sleeping bags or blankets are not wrapped around the child



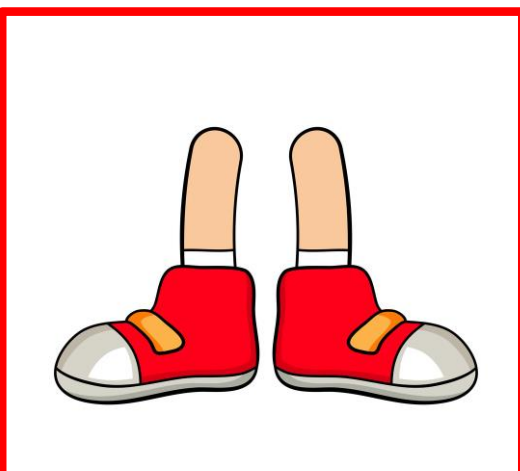
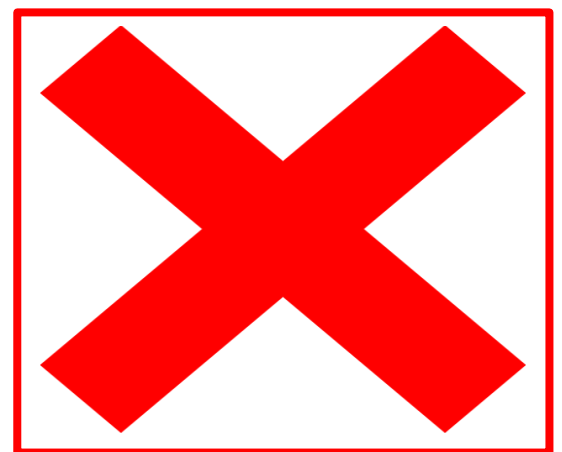
Clean
hands &
face



Individual
clean
bedding



No hoody's,
bibs or
loose items
around the
neck



No socks
or shoes

