



Safe Sleep and Rest Policy

At Little Dragon's Day Nursery, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
- Babies and toddlers are never put down to sleep with a bottle to self-feed
- Sleeping children are monitored visually or physically through sleep checks when sleeping, every 10 minutes for the duration of their sleep.
- Sleep checks are carried out and recorded on the Sleep Record Sheet every 10 minutes.
Checking a child who is sleeping should involve:
 - >Visually looking for the rise and fall of the chest to check for breathing. If you are unable to see this, place a hand on their chest or back to check for breathing or put the back of your hand near to the child's mouth to feel for breath
 - >Ensuring that each child is well by looking out for signs of illness such as sweating, shivering, coughing, wheezing, being restless in their sleep, flushed cheeks, blue lips etc.
 - >Ensuring that each child is not too hot or too cold by monitoring physical signs such as flush cheeks, sweating, goosebumps, shivering.
 - >Ensuring that all sheets, blankets or comforters are not restricting or around their head.
- Babies and children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Follow our Safe Sleep Procedure
- Providing sleep training for staff who will monitor sleeping children
- Having a named sleep monitor who will complete the Sleep Checklist
- Recording sleep checks on the Sleep Record
- Monitoring the room temperature
- Using a firm, flat, clean mattress
- Providing each child with clean bedding (fitted sheet and cellular blanket) that is kept in their personal bedding bag
- ensuring children are appropriately dressed for sleep to avoid overheating by removing outer layers
- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats and coracles) that are compliant with British Standard regulations
- Only letting babies sleep in prams if they lie flat and we have written permission from the parent
- Enabling babies to sleep outdoors, where appropriate and with parent permission
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a grobag, we will ask parents to bring one from home
- Cleaning all bedding as required and at least weekly (monthly for blankets)
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest

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- Cleaning mattresses down with purple spray (both sides) after sleep (must be done away from children).
- Having a No smoking/vaping policy.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a child has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parent knowledge of their child with regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. Sleeping children will usually be left to wake up naturally. Allowing a child to wake naturally from a nap helps establish healthy circadian rhythm, prevents over-tiredness or too much daytime sleep, supports better nighttime sleep and promotes cognitive and emotional well-being by allowing the brain to process new information and regulate its own sleep cycles. Where parents have specified a sleep limit, staff will only attempt to wake a child up after a minimum of 45 minutes sleep, by gently removing their blanket and using light body contact i.e. placing a hand on their back/chest and talking to them. If the child does not wake up, they will be left to wake up of their own accord. Sleep checks will continue for the duration of a child's sleep until they are fully awake and out of their cot/rest mat.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children. In the event that a limit number of children are asleep/require a nap and the rest of the room are awake, provision will be made to ensure that there is a conducive sleeping area for these children whilst the rest of the room are able to continue with their play.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

Supporting Documents

Procedure in the event of SIDS

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>August 2025</i>	Kate McLeod	<i>August 2026</i>