

Safe Sleep

Policy statement

This sleep policy aims to provide a clear framework to ensure the health, safety and well-being of all children who require time to sleep or rest while at nursery.

At Denmead Day Care, we promote healthy and safe practices in helping children to sleep and rest. We will ensure that:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and well-being are met.
- Family's cultural and personal preferences are considered.
- Sleeping and resting in nursery is a positive experience, and both the child and family feel supported throughout. Any changes to sleeping patterns or needs are respected.
- Communication between the nursery and the families are promoted and this starts prior to the child starting nursery, so information is shared and routines are established and agreed at the early settling in sessions.
- Consistency of care is promoted as much as possible.
- Families are provided with information or signposted to sources of further information, or to services to support sleep and bedtime routines if required.

We will:

- Ensure that anyone who supports a child sleeping or resting in nursery is an employee of the setting and has had appropriate safeguarding training and checks. The staff are aware of procedures and responsibilities for support safe sleep.
- Act according to DDC's safeguarding policy and procedures if there are any concerns for the child's well-being.
- Promote the children's safety, well-being and dignity at all times.
- Ensure that suitable facility and equipment is provided or designated places for sleep and rest.
- Work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and nursery.
- Provide a positive climate to encourage parents to share information openly around the child's developing and changing sleep needs, or if a child is having difficulty with sleeping at home and this is impacting their daily well-being at nursery. Prior to starting nursery we will discuss the child's individual sleep needs and routines with families to provide consistency for the child. As the child continues to progress in their Early Years development, staff will continue to discuss and update the child's routine with the parent / carer.
- Keep records of sleep on a wall rota. Sleeping children will be monitored every 10 minutes by staff and their start sleep time and wake up time will be recorded for parents to see on their child's Family profile.
- Ensure that families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of parents' wishes when dealing with sleeping children. However, any unreasonable requests by parents / carers will be discussed with Senior Management and alternatives sought, for example, children going to sleep on their back with a bottle. We will not carry out requests of parents / carers if we feel that it could endanger the child.
- Not leave children to sleep with bottles as it provides a risk of choking and does not promote good dental health.

Staff will encourage children to sleep in designated areas or quiet areas. In the Baby Room, children will sleep in their own cot at a level that is suitable for their age and size, and with bedding that is changed daily or more where needed. In the Main Hall, children will sleep on designated camp beds or mats in a quiet corner of the room.

Denmead Day Care promotes the use of beds for sleeping for children. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.

In order to promote best development for young children, it is best that they sleep for a minimum of 45 minutes.

Parent / Carer Responsibilities

Parents / carers must ensure that they provide all relevant information regarding sleep for their child on entry, and update their child's keyworker of any changes, so that the child's needs can be met consistently. This includes information about how long the child is to sleep, any routines to support settling the child to sleep, any comforters requested, details of any health care professionals involved in supporting sleep, and any problems or health care difficulties with sleep.

Parents / carers should work with their child's keyworker towards a shared and agreed plan which is recorded for care and support.

Parents / carers must ensure that the setting always has their most up to date emergency contact details and inform the setting of any changes to contact details.

Health and Safety Procedures

When supporting children who require a sleep, staff will ensure that the following health and safety measures are followed:

- Sleep areas are free of any loose parts or choking hazards.
- Children are suitably dressed for a sleep – e.g., not too many layers worn, sleeping bags are worn where needed, etc.
- Each baby has their own labelled bedding bag which is then washed at the end of every week unless needed a wash sooner.
- Clean bedding should be suitably stored.
- Torn or ripped bedding is removed immediately and replaced.
- Parents are asked to inform setting of any allergies to washing detergent.
- If a baby is sleeping on arrival, we reserve the right to refuse entry due to not knowing prior conditions or incidents.

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