# Safe Sleep Policy and Procedure

At Smarden Nursery School we aim to ensure that our youngest children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies and children sleeping is paramount.

* Toddlers will never be put down to sleep with a drink to self-feed
* Toddlers will be monitored visually when sleeping, checks are recorded every 10 minutes
* When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed

We provide a safe sleeping environment by:

* Monitoring the room temperatures. The room temperature will be kept at between 16 – 20 C.
* Using clean light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating. Shoes will be removed from a sleeping child.
* Only having safety approved sleeping equipment, i.e. pods or mats that are compliant with British Standard regulations.
* Not cluttering sleep area with soft toys, although comforters will be given where required
* Keeping all spaces around sleep area clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
* Should a toddler fall asleep during the day they will be transferred to a safe sleeping surface to complete their rest
* Having a no smoking policy.
* Children’s heads will not be covered with blankets or bedding.

Routine sheets are filled out with the parent and key person when they are settling into the nursery school if applicable. All key persons working in our setting are required to receive induction training on our Safe Sleep Policy.

We recognise parents’ knowledge of their child in 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. They will also not usually wake children from their sleep.

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

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date disseminated to staff** | **Date for review** |
| 31st January 2023 | Laura Rowland |  |  |

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