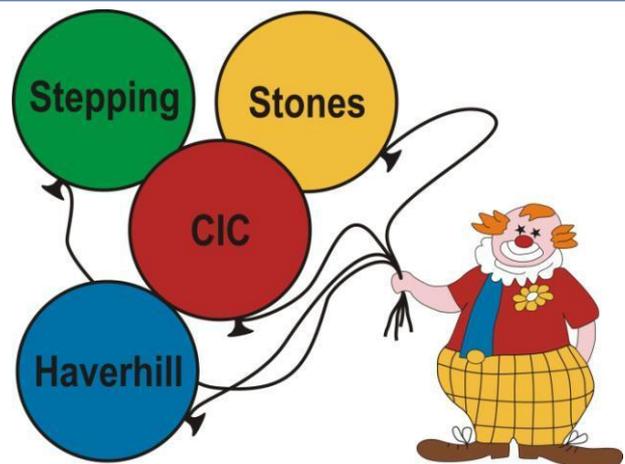


## General Welfare Requirement: Safeguarding and Promoting Children’s Welfare

The provider must take necessary steps to safeguard and promote the welfare of children.



### 56. Sleeping & Rest Requirements Policy

All children have individual sleep and rest requirements. Our objective is to meet these needs by providing a comfortable, relaxing and safe space to enable their bodies to rest. This environment will also be well supervised ensuring all children feel secure.

#### Policy statement

Children’s safety is maintained as the highest priorities at all times and that we will ensure all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

#### EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.3 Keeping safe 1.4 Health and well-being	2.2 Parents as partners	3.4 The wider context	

Our setting will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The risk of Sudden Infant Death Syndrome (SIDS) will be minimised by following practices and guidelines set out by health authorities. If a family’s beliefs and requests are in conflict with current recommended evidence-based guidelines, our setting will need to determine if there are exceptional circumstances that allow for alternate practices. Our setting has a duty of care to ensure children are provided with a high level of safety when sleeping and resting and that every reasonable precaution is taken to protect them from harm and hazard. In meeting a duty of care, it is a requirement that all staff implement and adhere to this policy to ensure we respect and cater for each child’s specific needs.

This policy applies to children, families, staff, students, volunteers and visitors of the setting.

## **IMPLEMENTATION**

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, which staff need to consider within the setting. Each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs. The setting defines 'rest' as a period of inactivity, solitude, calmness or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax and recharge their body. Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in an early childhood environment. The setting will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

### **Management and staff will ensure:**

- Reasonable steps are taken to ensure that the needs for sleep and rest of children being educated and cared for by The setting are met, having regard to the ages, developmental stages and individual needs of each child.
- There are adequate numbers of cots available to children that meet our standards
- All cots meet the current mandatory Standard for Cots and should carry a label to indicate this.
- Sleep and rest environments are safe and free from hazards.
- Areas for sleep and rest are well ventilated and have natural lighting.
- Safe sleep practices are documented and shared with families.

### **A Nominated staff / Responsible Person will:**

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by The setting are met, having regard to the ages, development stages and individual needs of the children.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to staff and families.
- Ensure that sleeping infants are closely monitored and that all sleeping children are within hearing range and observed. This involves checking/inspecting sleeping children at 15 minute intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can easily monitor a child's breathing and the colour of their skin.
- Negotiate sleep and rest routines and practices with families to reach agreement on how these occur for each child at the Service.
- Ensure staff receive information to fulfil their role effectively, including being made aware of the sleep and rest policies, their responsibilities in implementing these, and any changes that are made over time.
- Ensure that children's safety is always the first priority.
- Ensure children who are sleeping or resting have their face uncovered at all times.

### **Staff will:**

- Consult with families about children's sleep and rest needs.
- Be sensitive to each child's needs so that sleep and rest times are a positive experience.

- Ensure that cot mattresses are clean and in good repair.
- Ensure cot mattresses are wiped over with Milton if needed between each use.
- Ensure that child's bed linen is clean and in good repair.
- Ensure that own child's bed linen is used by that individual child and always sent home to be washed.
- Create a relaxing environment for sleeping children by playing relaxation music, reading stories, cultural reflection; turning off lights and ensuring children are comfortably clothed..
- Ensure the environment is tranquil and calm for both Educators and children.
- Sit near children encouraging them to relax and listen to music. Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Maintain adequate supervision and maintain staff ratios throughout the sleep period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's sleeping or rest times regarding sleep and rest times.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families id asked for.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Ensure children rest/sleep head to toe to minimise the risk of cross infection.
- Monitor the room temperature to ensure maximum comfort for the children.
- Ensure that each child's comfort is provided for.
- Ensure there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.
- Ensure that children who do not wish to sleep are provided with alternative quiet activities and experiences, whilst those children who do wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, there should be a comfortable, safe area available for them to rest (if required). It is important that opportunities for rest and relaxation, as well as sleep, are provided.
- Consider a vast range of strategies to meet children's individual sleep and rest needs.
- Respond to children's individual cues for sleep (yawning, rubbing eyes, disengagement from activities, crying etc.).
- Acknowledge children's emotions, feelings and fears.
- Develop positive relationships with children to assist in settling children confidently when sleeping and resting.

## **CHILDREN IN COTS**

### **Staff will:**

- Give bottle-fed children their bottles before going to bed.
- Ensure children are not placed into cots with bottles.
- Ensure that sleep rooms have operational baby monitors if and when required.
- Educators or staff members will observe children at 15 minute intervals whilst they are sleeping or resting in sleep rooms. This will involve staff physically checking that children are breathing and recording this on a Safe Sleep Record.
- Securely lock cots sides into place to ensure children's safety.
- Cot area will be air conditioned and maintained at an appropriate temperature.
- Be aware of manual handling practices when lifting children in and out of cots.
- Participate in staff development about safe sleeping practices.
- Understand that prams/strollers do not carry safety codes for sleeping. Children should not be left in a pram/stroller to sleep, as these are not safe substitutes for a cot.
- Ensure mattresses are kept in good condition. They should be clean, firm and flat, and fit the cot base with not more than a 20mm gap between the mattress sides and ends. A firm sleep surface that is compliant with the Safety Standard
- Not elevate or tilt mattresses.
- Remove any plastic packaging from mattresses.
- Ensure waterproof mattress protectors are strong, not torn and are a tight fit.
- The setting does not use pillows, loose bedding, bumpers and soft toys in cots.

## **BABIES AND TODDLERS**

- Babies should be placed on their back to sleep when first being settled. Once a baby has been observed to repeatedly roll from back to front and back again on their own, they can be left to find their own preferred sleep or rest position (this is usually around 5–6 months of age). Babies aged younger than 5–6 months, and who have not been observed to repeatedly roll from back to front and back again on their own, should be re-positioned onto their back when they roll onto their front or side.
- If a medical condition exists that prevents a baby from being placed on their back, the alternative practice should be confirmed in writing with the parents. .
- Babies over four months of age can generally turn over in a cot. When a baby is placed to sleep, staff should check that any bedding is tucked in securely and is not loose. At no time should a baby's face or head be covered (i.e. with linen). To prevent a baby from wriggling down under bed linen, they should be positioned with their feet at the bottom of the cot.
- If a baby is wrapped when sleeping, consider the baby's stage of development. Leave their arms free once the startle reflex disappears at around three months of age, and discontinue the use of a wrap

when the baby can roll from back to tummy to back again (usually four to six months of age). Use only lightweight wraps such as cotton or muslin.

- If being used, a dummy should be offered for all sleep periods. Dummy use should be phased out by the end of the first year of a baby's life. If a dummy falls out of a baby's mouth during sleep, it should not be re-inserted.

***Please note that all staff should read and be aware of the MASH & LADO posters within the setting.***

This policy was adopted by	Stepping Stones Childcare & Education CIC
on	28.02.2017
Date to be reviewed	September 2019
Signed on behalf of the management	
Name of signatory	ELAINE MCMANUS
Role of signatory	MANAGER

Name of signatory	ANNE JESSOP
Role of signatory	DEPUTY

**Review:**

This policy is reviewed every year or whenever deemed necessary by the manager in the light of events and changes in the law.

This policy was given to staff to read on 25/06/2019 and acknowledged by staff electronically.