

Sleeping Policy

Policy Statement

We aim to have a relaxing and tranquil atmosphere to enable all children to rest and sleep comfortably and safely within the setting. Our setting follows guidance from the Foundation for the Study of Infant Deaths (FSID) and Ofsted.

Procedure

- Each baby must have his/her own bedding which will be washed at least weekly or when necessary
- Cot mattresses & sleep mats meet British Safety Standards and are regularly checked to ensure they remain in good, safe, hygienic condition.
- Children under two years will not be given pillows, cot bumpers or any soft furnishings in order to prevent risk of suffocation. We follow all cot death guidelines and advise parents of this information
- Cots/Mats will be checked before use to ensure no items are within reach i.e. hanging over or beside the cot.
- The room temperature is monitored regularly and remains at between 16 & 20 degrees Celsius as recommended by FSID
- There is a very small amount of natural sunlight in the upstairs sleep room therefore reducing the risk of overheating.
- Babies will always be put to sleep on their backs, unless parents request otherwise. Parents will be made aware of the FSID's recommendations regarding putting children to sleep on their backs, but ultimately we will follow a parent's wishes.
- Overhead flush integral ceiling lights are fitted in sleep rooms.
- Air control devices are fitted to ensure adequate and comfortable ventilation.
- Cameras and Monitors are in the sleep rooms but are never used as a substitute for physical checks
- When checking a baby, the person responsible will place their hand lightly on the chest or place the back of their hand near to the baby's nose/mouth to check for breathing; bedding is checked to ensure it is not wrapped around the baby and that the baby is neither too hot or cold.
- Checks on sleeping children will be completed every 10 minutes. These are to be documented with the time and staff initials on the sleep check form

This Policy was adopted by Egg Childcare Ltd on (date): _____

Reviewed _____

Signed by: _____

Position: _____