



Sleep and Rest Policy

Including Staff Procedures

Philosophy.

At Furnace Barn Day Nursery Ltd, we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with parents/caregivers to ensure there is consistency between home and our setting.

Parents/caregivers will be asked to provide details of their children's routines before their first day, including the usual duration and time(s) of their nap(s), as well as settling techniques used at home. If there are any changes to the child's routine, this should be communicated to the setting straight away. Parents/caregivers will be notified of their child's sleep times via the Family App.

Please note – Children over the age of 2yrs will not be recorded on the Family App

We follow NHS guidance on safer sleep and have thorough risk assessments in place regarding sleep and nap times. Our risk assessments include necessary precautions to help minimise the risks associated with SIDS (Sudden Infant Death Syndrome). Our setting is smoke-free and vape-free, so babies and children will not be exposed to either substance at any time, including while sleeping.

At Furnace Barn Day Nursery, we do not believe in waking sleeping children, we believe that if they need to sleep, they should be allowed to wake naturally. In the same respect, we will not keep a child awake if they are falling asleep.

Safer Sleep Procedures.

At Furnace Barn Day Nursery, we give careful thought to the safest location for sleep, considering the mattress, room temperature, potential hazards that need to be out of reach and how we will monitor each child.

Babies sleep in Quiet Room Sleep room, while toddlers and other young children sleep in Cabin under the canopy.

As per the Early Years Foundation Stage Statutory Framework (EYFS), childcare settings must ensure that babies are kept safe, which includes following NHS guidelines on SIDS. Our Sleep Policy and Procedures consider NHS guidance from their publication, 'Reduce the Risk of Sudden Infant Death Syndrome (SIDS)', as well as advice from The Lullaby Trust website.

Sleeping babies will have their own clear, flat sleep space, without toys, bumpers, cushions, sleep positioners, wedges or loose bedding. This follows recommendations from the Lullaby Trust, who are experts on the prevention of SIDS (Sudden Infant Death Syndrome) and are mentioned in NHS guidance.

All babies will sleep on mattresses which will be flat, firm, waterproof and kept in good condition.



Any strangulation hazards, such as blind cords and plastic bags, will also be kept out of reach of children. Babies will not be allowed to sleep on sofas or chairs, even if an adult is present.

It is recommended that babies are not left sleeping in an inclined or seated position. If a child falls asleep during travel, they will be reclined where possible and moved to a more suitable area immediately on return to the setting. If babies fall asleep within the setting while seated (e.g. in a bouncy chair, highchair or swing), they will be moved to a suitable area.

Babies will be laid down on their backs for naptimes, with their feet at the bottom of the mattress, in line with NHS guidance. Once a baby is old enough to roll over, they will be allowed to roll onto their side or stomach while sleeping and will not be returned to laying on their backs.

A recommended room temperature of between 16 and 20 degrees is maintained wherever possible, avoiding heat sources, direct sunlight and draughts. Thermometers will be used to monitor room temperature.

Age-appropriate, lightweight sheets may be used for babies under the age of 1 years old when necessary. Any sheets will be tucked in securely, no higher than their shoulders.

Precautions will be taken to ensure babies and children do not overheat. They will not sleep in outdoor clothing/coats, be given hot water bottles/electric blankets or have heaters close by during naptimes. Children will not have hats, slings or muslins covering their heads/faces while asleep. Where necessary, their body temperature will be checked using a hand on their chest or upper back.

All children and babies are monitored regularly whilst asleep and are in sight and/or hearing at all times. They are also regularly checked on individually, in person, while sleeping. **This must be done every 8-10 minutes.**

After each sleep, mattresses will be wiped down and either bedding washed or if in Quiet Room their sheet added back to their box/basket. These sheets will be washed on the child's last day of the week.

In addition to following safer sleep procedures in our setting, we also aim to equip families with the information they need to make informed decisions regarding their child's sleep procedures at home.

All staff know to call 999 if a child will not wake up, stops or has difficulty breathing, appears overly confused or has a seizure.

All staff will complete a Safer Sleep online course before supervising sleeping children.

Settling Procedures.

At Furnace Barn Day Nursery we recognise that each child's routine is unique and we will work closely with parents/caregivers to ensure there is consistency between home and the setting, while still maintaining safe practices and meeting our duty of care.

For children who require dummies and/or comforters, these should be provided by parents/caregivers and they will be stored with the child's personal belongings. If a dummy falls out of a child's mouth while sleeping, it will not be put back unless the child wakes.

Dummies must not have cords/dummy clips if being used by sleeping babies, as these can pose a strangulation risk.



Children under the age of one are not permitted to have comforter/toy left with them when the practitioner moves away. Toys/comforters increase the risk of SIDS and accidents so will be removed once the child is asleep.

Children Over the age of 1 years will be able to use a toy/comforter.

All children will either self-settle or be settled by us, following parents'/caregivers' wishes wherever possible. We will also consider safety requirements at all times, as well as the wellbeing and needs of other children in our care.

Drinks/Bottles are not permitted whilst the child is laid down in the sleep room, as these can present a choking hazard. We will discuss the dangers of prop feeding with parents/caregivers where required.

Staff MUST NOT restrain any child to get them to sleep, this includes holding them in a tight hold, holding them down by placing a hand on their back, or holding them down whilst laying next to them.

Staff MUST NOT place babies in a pram and tightly wrap them in blankets/restraints to go to sleep. We recognise prams may be used to gently rock the children if they are distressed by once the child is asleep, they will be transferred to the sleep area.

If a child is not falling asleep with gentle patting or stroking of their nose then they are to be removed from the sleep area and returned to the activities.

Key Points to remember.

- Children to be laid on their backs to sleep
- Children are only to sleep on a firm hard mattress in designated sleep areas for children under 2 years.
- If ANY child falls asleep, they are to be placed into a flat position as soon as is possible.
- Room Temperature must be between 16-20 degrees.
- Lightweight blankets must be used, for children under 1years, these must be secured around the foot of the mattress and be below the shoulders.
- No Dummy clips to be attached to the child's Dummy for sleep.
- No toys to be used to go to sleep for children under the age of 12 months.
- All children must be regularly checked within a 10min window.
- All children must be within sight/hearing at all times