



### **SLEEP POLICY**

At Colquhoun Park EYC we aim to ensure that all children who require a nap during their nursery session can do so in a safe environment.

#### **We ensure that:**

- Children are never put down to sleep with food or drink
- Children are monitored visually when sleeping and staff will observe the rise and fall of child's chest.
- Checks are recorded every 10 minutes and children are never left in a room without staff supervision

#### **We will:**

- Monitor and record the room temperature which should be 16 – 20 degrees Celsius – thermometers available in both playrooms
- Use clean, light bedding/blankets and ensure children are appropriately dressed for sleep to avoid overheating
- Only use safety-approved beds or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Keep all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- ensure that beds are not placed next to a radiator or heater; not in direct sunshine and not under a window, although in a ventilated room
- Transfer any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Have a no smoking policy
- Not use a neck cord if child uses a dummy
- Ensure child has their personal comforter if required
- Record start time and end time of sleep as well as room temperature on learning journals daily

Parents will complete child's care plan with details re sleep routine and this is reviewed as the child's sleep pattern changes. We recognise parents' knowledge of their child with regard 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 unless written permission is given and only if the child cooperates in a safe manner.

#### **Links to:**

Health and Social Care Standards: My Support, My Life - Responsive Care and Support 1.15 *My personal plan (sometimes referred to as a care plan) is right for me because it sets out how my needs will be met, as well as my wishes and choices.*

June 2017.

The safety of children while sleeping is paramount. Our policy follows the advice provided in <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

and

Scottish Cot Death Trust; Reduce The Risks of Cot Death, Early Years Safe Sleeping Guide:  
<https://scottishcotdeathtrust.org/wp-content/uploads/2019/02/early-years-safe-sleep-guide.pdf>

*(Both websites accessed September 2022).*

This policy has reviewed and updated following consultation with staff and parent/carers

Signed .....

September 2022