



Children Sleeping Policy



The
Little Green Frog
Nursery & Pre-School

At The Little Green Frog we recognise the importance of sleep for children's wellbeing, health and development. We aim to ensure that all children have enough sleep and will work closely with families and carers to support this.

Safety

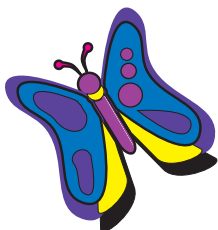
The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS)

- Babies under 12 months must sleep in a cot.
- Cots contain a firm mattress with waterproof cover. A clean sheet and lightweight blanket are provided for each baby.
- Parents may supply a well fitted baby sleep bag for their child.
- Cots must not contain any extra items such as pillows, cot bumpers, wedges, straps or toys.
- Babies under 12 months may have a comforter if necessary. This will be removed from the cot when they are asleep.
- Babies are placed to sleep on their back, feet to foot at the bottom of the cot with blankets (if used) tucked in. Ensure that babies heads are not covered.
- Babies and children over 12 months sleep on a waterproof mattress on the floor. A clean sheet and lightweight blanket are provided for each baby or child.
- Babies and toddlers are never put to sleep with a bottle to self-feed.
- Babies and toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Sleep room checks are recorded every 5 minutes for babies under 6 months and every 10 minutes for babies over 6 months. A baby monitor is also used to ensure that sleeping babies are within sight and sound of adults at all times.
- An adult is always in the same room as the children asleep in mattresses on the floor.
- The recommended temperature of the rooms where children sleep is between 16 degrees C and 20 degrees C.
- On colder days we will use a heater to ensure that the room isn't too cold.





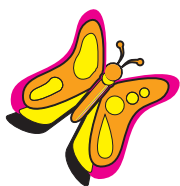
- On warmer days we will open windows and use a fan to bring the temperature down.
- Nursery staff help children to remove their shoes, any jewellery and any clothing that may cause a risk through strangulation (such as hoodies with ties) or overheating, before they settle down to sleep.
- Any wet clothes must be changed, nappies must be checked and changed if necessary, and some children may need a nappy putting on (check individual records for this.)
- All spaces around cots and mattresses must be free from hanging cords, straps, drawstrings handles or any other item that could be a strangulation risk.



Individualised care

At The Little Green Frog we acknowledge different children's sleep needs and how these are very personal. We meet these needs by:

- Ensuring that children's agreed individual sleep routines are followed, including children that have comforters.
- Encouraging children to use whatever comforters they bring with them from home, these have included dummies, blankets and teddies or using a sleeping bag (check individual records to know what the child brings)
- Supporting children that find it difficult to get to sleep. It will usually be the Care Bear who will comfort the child
- Following children's normal method for falling asleep such as having a bottle before sleep time, being rocked to sleep or having a dummy.
- Being aware of individuals signs of tiredness, such as, rubbing eyes, crying and yawning etc.
- Children's nap times may vary, however the sleep cycle for a young child is about an hour so we recommend that children are allowed at least this time for each nap.



Working together

We ensure that we work closely with families/carers to support children's sleep by:

- Asking parents to fill in the children's sleep details on Nursery in a Box when a child starts with us and then the care bear checking these at the first acclimatisation visit.
- Keeping records around children's sleep up to date with information from families/carers.
- If a baby/child has a sleeping routine that is different to our usual practice we will explain our policy to the parents/carers and only follow this if after discussion it is agreed that it is in the best interest of the baby/child, such as due to a medical reason supported by documentation from a medical professional.
- Staff will discuss with parents any changes in sleep routines.
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Further information on sleep can be found at;

<http://www.lullabytrust.org.uk>

<https://thesleepcharity.org.uk>

