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**Pumpkin Pie Childcare Sleep Policy**

At Pumpkin Pie Childcare we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

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. We make sure that:

* Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
* Babies/toddlers are never put down to sleep with a bottle to self-feed
* Babies/toddlers are monitored visually when sleeping. Checks are made every 5 minutes on all sleeping children and a timer used to ensure that this is adhered to.
* When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed
* As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.

We provide a safe sleeping environment by:

* Monitoring the room temperature
* Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
* Only using safety-approved cots 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
* Only letting babies sleep in prams if they lie flat and we have a request for this from parents.
* Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
* Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
* Ensuring every baby/toddler is provided with clean bedding labelled for them and working in partnerships with parents to meet individual needs, eg. If a child prefers to sleep in a sleeping bag, we may ask parents to bring one from home
* Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
* Cleaning all bedding as required.
* Having a no smoking/ vaping policy

We ask parents to complete information about their child’s sleeping routine with the child’s key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby’s doctor has advised the parent of a medical reason to do so, in which case we would ask them to sign to say they have requested we adopt a different position or pattern.

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.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children’s behaviour when they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date for review** |
| *June 2024* | *Lucy Grieve* | *June 2025* |