

Balmalloch Primary School and Nursery Class



Safeguarding: Sleep & Rest Holding Policy



responsi**B**ility

gr**A**ttitude

BELIEVE IN YOURSELF

hu**M**ility and forgiveness

persever**A**nce

Love

ACHIEVE YOUR GOALS

h**O**nesty and gener**O**sity

respe**C**t

friends**H**ip & family

A Place of Enthusiastic Learning and Achievement!

Introduction

Since the introduction of the National 'Back to Sleep' campaign in the early 1990's cot death rates have been dramatically reduced. There are now 70% fewer cot deaths since babies have been placed on their backs to sleep.

In Balmalloch Nursery Class, the children are aged 3-5. Most children will not require a sleep but staff have worked hard to create areas where children can safely and independently sleep or rest throughout their session. It is still vital that we follow guidance from Care Inspectorate & The Scottish Cot Death Trust.

Comforters & Comfort Blankets

The nursery has a stock of blankets that are only used for children who fall asleep in nursery or who need a rest. Once used these blankets are used they are then washed at a 60C wash. The blankets should not be shared between children. If the child requires their dummy then this is acceptable although is not encouraged through the day.

Sleep & Rest Record

If a child in nursery has required a sleep then staff will record how long the child slept for and share this information with the carer who collects them at the end of the session.

Sleep Safety

In accordance with guidance from the Scottish Cot Death trust there are procedures which should be adhered to when children under the age of 5 are sleeping. Staff should ensure

- The room is kept between 16-20 degrees Celsius, there is a temperature gauge on the wall.
- Children should be encouraged to lie on their backs.
- Blankets are freshly laundered and have not been shared with other children.

- The use of pillows is not encouraged.
- Children should have their heads covered i.e. no hats
- Sleeping or resting children should be physically checked every 10 minutes
- Nursery has a clear no smoking policy

Sandra Merrick

Early Learning & Childcare Principal Leads

March 2021

Review Date March 2022