



Woodpark Nursery Class Safe Sleeping Policy

With the expansion of Early Learning and Childcare to include times of day where young children may need to nap, it is necessary to ensure there is policy and procedure in place to guide staff practice to assure the safety of children while they sleep. We adopt a practical approach recommended by The Cot Death – Early Years safe sleeping guide.

- The nursery room will be kept well-ventilated and sleeping mats will not be placed directly below a window or in front of radiators.
- Sleeping mats will be checked, inspected, and disinfected between each use.
- Any child requiring a dummy should be offered it during naps.
- To prevent choking children will not be placed to sleep with a bottle to self-feed.
- Children never be left unattended when sleeping and will be monitored visually, checks will be recorded every 10 minutes.
- Staff will check for the rise and fall of their chest and to see if the child's sleep position has changed.
- Staff will follow parental preferences regarding sleep where it is provided in the child's personal care plan.

We aim to provide a safe sleep environment by:

- Monitoring the room temperature.
- Provide clean and light bedding/blankets and ensure children are appropriately dressed for sleep to prevent overheating.
- Beds will comply with British safety standards, and mattress are covered with a clean fitted sheet.
 - Ensure beds remain uncluttered by removing soft toys, however, should your child require a comforter, we will make sure they have this.
- All areas around bed will be clear from hanging objects, for example, hanging cords, blind cords, and drawstring bags.
- Ensure each child has their own allocated clean bedding.
- Should a child fall asleep on a practitioner's knee while being comforted, they will be transferred to a safe sleeping surface to complete their rest.

We want to work in partnership with parents and carers regarding sleep during the nursery day. All parents are asked to provide details of their child's sleep routine in their Personal Care Plan which will be reviewed twice yearly or when any changes occur.

September 2023