

### **Safeguarding and Welfare Requirements:**

Providers must take all necessary steps to keep children safe and well. Promoting good health.

Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child.

### **Sleep and Rest Policy Statement**

At Little Gregs, we are committed to ensuring all children have sufficient opportunities for sleep and rest to support their healthy development and wellbeing. We recognise that children develop at different rates, and we are dedicated to meeting each child's individual needs throughout the pre-school day.

All children at Little Gregs are given the opportunity to rest or sleep if they need or wish to do so. Staff provide a calm, comfortable environment that supports rest, such as quiet areas where children can relax with a book, as well as sleep mats with appropriate lightweight bedding for children who require sleep.

We work in partnership with parents and carers and take their wishes into consideration wherever possible. However, we believe that each child's individual needs must always come first. Therefore, staff will never force a child to sleep or to remain awake against their will.

Children's wellbeing and comfort are always our priority, and we aim to promote best practice in a safe, nurturing, and supportive environment.

### **Good Practice Measures:**

Children who require sleep are given time for a calm and gradual transition into rest following mealtimes. As good practice, a period of approximately 30 minutes is allowed before children settle to sleep.

This transition time supports digestion and allows children the opportunity to use the toilet or have their nappy changed before resting. It also enables children's bodies to settle and relax after eating, which helps promote a more comfortable and better-quality sleep.

Staff use this time to provide quiet, calming activities and reassurance, ensuring children feel settled, secure, and ready for rest.

### **Safer Sleep Space:**

The Cubs classroom area is used for children who require sleep.

- Children are placed on individual sleep mattress mats that meet British Safety Standards.
- Each child is laid on their back in their own separate sleep space.
- Sleep mats are positioned on a clear, flat, firm surface on the floor.
- All bedding is lightweight, and blankets are positioned no higher than the child's shoulders to prevent head covering.
- Children's heads must not be covered at any time.
- Care is taken to ensure children do not become too hot or too cold. The recommended room temperature is 16–20°C.
- All sleeping children are frequently checked.
- Children are always within sight and hearing of staff while sleeping.

## Procedures

- Children are settled on a sleep mat by a member of staff and offered a blanket if they choose.
- Shoes are removed, and bulky or unnecessary items of clothing are taken off to prevent overheating.
- A member of staff remains with the child until they have fallen asleep.
- A staff member is always present in the same area as the sleeping child, or other staff members who are very close at hand are made fully aware that a child is sleeping.
- All sleeping children are physically checked at 15-minute intervals.

## Sleep Checks Include:

- Ensuring the child is well.
- Checking that the child is breathing normally.
- Ensuring the child is not too hot or too cold.
- Ensuring blankets are not wrapped around the child and are positioned below shoulder level.

A sleep monitoring chart is used to record each check and is signed by the member of staff carrying out the check.

## Further information

Early Years staff should read NHS advice on sudden infant death syndrome (SIDS) – NHS (<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>).

More information on safer sleep guidance is available from The Lullaby Trust (<https://www.lullabytrust.org.uk/baby-safety.safer-sleep-information/>).