Sleep policy



Here at Pear Tree Nursery we aim to promote children’s wellbeing and safety at all times.

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

**Policy**

* To provide a safe sleeping environment
* To ensure children have enough sleep to support development and wellbeing

**Procedures**

* Children’s sleep patterns and routines are shared with the setting whilst the child settles in.
* We make sure children are laid on their back and at the bottom of the cot for sleeping, then they can adopt a position they prefer to sleep in.
* Children are never put down to sleep with a bottle to self-feed.
* Children are monitored when sleeping. They are checked regularly and temperatures are recorded every 10 minutes.
* Sleep checks are recorded on whiteboards, and transferred their sleep times to the child’s daily diary. Boards are cleared at the end of the day.
* We use light, clean bedding and blankets, and ensure they are wearing suitable clothing to protect from overheating.
* We use cots, sleep beds and pushchairs for sleeping. Parents sign consent forms for these being used.
* We do not use cot bumpers, or clutter cots with soft toys.
* We keep all sleep areas clear from hanging objects.
* Children are always made comfortable before going to sleep, e.g. nappy changed, fed or had a drink, and comforter if needed is supplied.
* If a child has not gone to sleep after 15minutes then they should consider getting the child up for a little while, and trying again later. A child should never be left to cry themselves to sleep.
* We understand that some parents may have got their child into a sleeping pattern, and we will try to support this as best we can. However, we will never keep a child awake against their will, force a child to go to sleep or wake a sleeping child. This is an Ofsted regulation.
* Staff will share sleeping patterns with parents at the end of the day, or provide this in the daily diary.
* Staff are aware of the disadvantages to children’s behaviour and wellbeing should they not receive enough sleep that their body needs, and will share this with parents.
* Older children who do not usually have a sleep during the day have the opportunity to go to cosy areas for a rest when needed.

**Additional information:**

* The NHS recommends that a child aged 6-9months should have 3 hours sleep during the day. Children aged 9-12months should have 2.5hours sleep. Children aged 1-2yrs should have 2.5hours.
* Younger children who are sleep deprived can be irritable and overactive, seek constant stimulation and have a lack of concentration.
* More information can be found on:

[www.nhs.uk/livewell/childrenssleep](http://www.nhs.uk/livewell/childrenssleep)

<http://www.sidscenter.org>

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| This policy was adopted at a meeting of Pear Tree Nursery |
| Held on 03.01.2020 |
| Date to be reviewed 03.01.2021 |
| Signed on behalf of the provider |
| Name of signatory |
| Role of signatory (e.g. chair, director or owner) |