7.1 Sleep Policy

At Stowey Bears Preschool 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 children's sleeping is paramount. Our policy follows current safer sleep guidance from the Department for Education, the Early Years Foundation Stage statutory framework, the Lullaby Trust and relevant product safety guidance. We aim to minimise the risk of sudden infant death syndrome (SIDS), sudden unexpected death in childhood (SUDC), suffocation, overheating and other sleep-related accidents. We make sure that we:

1. Children under 2 years old are placed down to sleep on their backs in their own separate sleep space, on a clear, firm, flat surface such as a cot, bed or suitable mattress on the floor. Babies aged 12 months and under are only placed to sleep in a cot, carrycot, Moses basket or travel cot that is suitable for sleep and used in line with the manufacturer's instructions. Once a baby can roll from back to front and front to back independently, they may find their own sleeping position; however, staff will continue to place them on their back at the start of every sleep.
2. Children are never put down to sleep with a bottle to self-feed.
3. Where blankets are used, children are placed feet-to-foot at the bottom of the cot or sleep space, with lightweight bedding tucked in securely and no higher than shoulder height to help prevent head covering.
4. Children may use a well-fitting baby sleep bag provided by parents, where it is appropriate for the child's age, size and development and is used in line with the manufacturer's guidance. Sleep bags must have arm holes, no hood, and must not allow the child to slip down inside.
5. Children are monitored visually and physically while sleeping. Checks are made at least every 10 minutes and include breathing, sleep position, the rise and fall of the chest, skin colour and whether the child appears too hot or too cold. These checks are recorded on the sleep chart with the time and the name of the staff member carrying out the check.
6. When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the child, particularly around the lips and fingers.
7. Babies under 6 months of age will always have an adult in the same room for every sleep.

We provide a safe sleeping environment by:

1. Monitoring the room temperature and taking appropriate action if it is too hot or too cold. For babies aged 12 months and under, the recommended room temperature is 16–20°C.
2. Using clean, light bedding and ensuring children are appropriately dressed for sleep to avoid overheating or becoming too cold. Children's heads must not be covered while sleeping.
3. Only using sleep equipment that is safe, suitable, well maintained and used in accordance with the manufacturer's instructions, age and weight limits. We check product labels, packaging, instruction manuals or manufacturer information to confirm that equipment meets relevant British Safety Standards where applicable. Equipment is removed from use if compliance cannot be confirmed, instructions are missing, or there are any safety concerns.
4. Not using pushchairs, buggies, prams, car seats, bouncy chairs, sofas, beanbags, pods, nests, cushions, wedges, straps or other sitting or soft products as routine sleep spaces. If a child falls asleep in one of these places, they will be moved as soon as possible to a clear, firm, flat sleep surface, unless this would place the child at immediate risk.
5. Keeping sleep spaces clear. Cots and sleep spaces must only contain a firm, flat, waterproof mattress with a clean fitted sheet and appropriate lightweight bedding or a well-fitting sleep bag. They must not contain toys, pillows, loose bedding, cot bumpers, extra blankets, wedges, straps or other items.
6. Keeping all spaces around beds clear from hanging objects i.e., hanging cords, blind cords, drawstring bags. Removing the large cushions and storing them safely.
7. Ensuring every child is provided with clean bedding.
8. Transferring any child that falls asleep whilst being cuddled by a practitioner to a safe sleeping surface to complete their rest.
9. Having a No Smoking Policy
10. Reviewing safer sleep practice, staff training and sleep equipment regularly, including whenever guidance changes, a concern is identified, or a child's needs change.

We ask parents and carers to complete information about their child's sleeping routine with the child's key worker when the child starts at preschool. This information is reviewed and updated regularly and whenever the child's needs, development or routine changes. We recognise parents' knowledge of their child and, where safe and appropriate, will work together to support each child's individual sleep routine and wellbeing. However, we will not agree to or follow any request that conflicts with safer sleep guidance, EYFS requirements, manufacturer instructions, our risk assessments or this policy. Staff will not force a child to sleep or

keep them awake against their will and will not usually wake a child from sleep unless this has been agreed in writing with the parent or carer and is safe for the child.

Staff will discuss 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 and Multiple Birth Children

We follow safer sleep guidance for twins and multiple birth children. Each child will have their own separate sleep space unless a specific, current risk assessment confirms an alternative arrangement is safe and appropriate.

Further information can be found at www.lullabytrust.org.uk and through Department for Education safer sleep guidance for early years providers.

This Policy was adopted on 05/01/2023	Signed on behalf of the Preschool. Rachel Penny	Date for Review : Reviewed annually