

Hoole Enterprise Trust Time for You

Sleeping Policy

At HETTY 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 sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust unless there is a risk assessment in place to say otherwise to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

- Children are placed on their backs to sleep. If a child has rolled onto their tummy, we in which case we enable them to find their own position
- Children are never put down to sleep with a bottle to self-feed
- Children are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed (staff member will be in the sleep room)
- Children are never left to always sleep in a separate sleep room without staff supervision.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding or blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet
- Comforters may be used if required
- Keeping all space clear and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with clean bedding and washed after every use
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- HETTY will not accept a sleeping child all children must be awake and alert before entering the setting
- Having a No smoking/vaping policy.

We recognise parent knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep. If a parent would like their child to sleep in a buggy/pram a risk assessment will be carried out.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>Updated 10/06/26</i>	D Bowes	<i>10/06/27</i>