



## ROMPERS PRIVATE NURSERY

### SLEEP ROUTINE POLICY



#### Policy Statement:

We aim to ensure that all children have the opportunity to sleep throughout the day if needed, we ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies sleeping is paramount. Our policy follows the guidelines from the Scottish cot death trust to ensure the children's safety is continued when sleeping in a early years setting.

#### UNCRC Articles: 12

#### Aims of this Policy:

- To allow the children to have a relaxed and quiet sleep time.
- To keep all children safe during sleep times.

#### Procedures:

- The room is dark, quiet, and relaxed. Lullaby's may be played quietly in the background.
- A clean sheet and blanket is provided for every individual child for every sleep.
- Ensure children have removed shoes prior to bedtime and placed underneath their bed.
- Staff will allow children to take comforters to bed if required.
- Staff will support the baby/child to lie in their bed independently.
- Staff will support children to fall asleep if required by being down at their level and gently rubbing their back/stomach.
- In the event of a baby falling asleep during their bottle, a member of staff will support their head and lower them into their bed carefully, removing their shoes.
- Children **must not** sleep on pillows, rugs, or floors. All children must sleep in a bed or sleep mat. In the event of a child falling asleep on a pillow or a rug staff will gently support them to settle on a sleep mat, taking their shoes off and ensuring their head is supported.
- Staff will encourage/support children to have feet to the end of their bed.
- Staff will ensure all dummy clips, bibs and hoodies are removed.
- Staff will wait a minimum of 20 minutes to put babies to bed after bottle, as recommended by NHS.
- All sheets and blankets will be washed after every use.

**Monitoring:**

- Staff monitor sleep time daily.
- Children are monitored every ten minutes when asleep.
- Staff to communicate with parents regarding sleep routine for individual children and this will be updated in the children's MyWorld Booklet.
- All sleep times are logged on our online blossom app.

**Review:**

Date	Management	Track of Changes
October 2022	S.Alston	None
February 2023	Room Champions	UNCRC articles added
May 2025	TL- CD	Update of children's sleep added my world booklet How a staff member will support a child to fall asleep if needed.