



ROMPERS PRIVATE NURSERY

SLEEP ROUTINE POLICY



Policy Statement:

We aim to ensure that all children can 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 every child sleeping is paramount. Our policy follows the latest guidance to ensure the children's safety is continued when sleeping in our setting.

UNCRC Articles: 12

Key Links to Guidance:

Safer Sleep Babies – Guide for Professionals

<https://hub.careinspectorate.com/media/5467/safer-sleep-babies-guide-professionals.pdf>

Safe Sleep Scotland

<https://www.safesleepscotland.org/wp-content/uploads/2022/06/Easy-Read-Leaflet-2022.pdf>

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, white noise or calming music may be played quietly in the background.
- Each child will have a clean fitted sheet and blanket for every sleep. All fitted sheets and blankets will be washed after every use.
- Children are invited to go for a sleep.
- Children will take their shoes off before they go to sleep.
- Staff will allow children to take comforters to bed if required.
- Staff will support the baby/child to **lie in their bed independently and on their back**.
- Staff will gently support children to fall asleep, if required with a gently rock or sooth as requested by families. If a child is upset for example when they wake, staff will gently sooth them as required. It is important that we support each child as an individual and work alongside families to get it right for the child.
- 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 either a coracle, bed or on a 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 rest mat, taking their shoes off and ensuring their head is supported.

- Staff will encourage/support children to have their feet to the end of their bed – **feet to floor.**
- 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 a bottle, as recommended by NHS.

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.
- 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
June 2024	P. Guthrie	Update with new safer sleep guidance. Links added to support families. Update following consultation with parent policy review group held in May 24.