



## Rest and Sleep Policy

### Rationale

Children get very tired during the day and need to have opportunities to rest and sleep within the day. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need. It is very important that young children get all the sleep they need and so we prioritise and facilitate this in specific parts of the setting. Staff will follow the child's routine provided by the parent/carer.

### Procedure

I will ensure that ALL children receive the rest and sleep that they need during the childminding day and continue it to be a highly important part of their personal and developmental needs.

### Comforters and comfort blankets

Comfort blankets and soft toys are welcome for they bring comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. Parents may wish to provide dummies for their children for they too can provide comfort during rest and sleep times however Hellys Angels does not provide, supply or ever introduce them to children themselves.

### Rest areas

Within the setting, there are two designated rest and/or sleep areas. There is a quiet carpeted rest area (the lounge) with soft seating or cushions where children can go if they wish to rest and relax. There is a travel cot, cushioned area, and two sofas. Young children under 2 will be placed in the cot. However, older children tend to like going into the cushioned area or taking a nap on the sofa. I will ensure that these children are suitably positioned, and the area is safe around them to prevent them from rolling or falling. I can still observe and monitor resting children from the other childminding areas (conservatory, garden, playroom). Upstairs, in the main bedroom, there are two more travel cots for babies and/or young children to sleep in. I am able to monitor sleeping children upstairs through the

use of a baby listening monitor. I will physically check sleeping children every 10 minutes regardless.

### Parent's Wishes

The preferences and wishes of parents are always valued and respected and I will work closely with them to ensure each child's individual needs are carefully met. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this can be happily complied.

### Sleep records

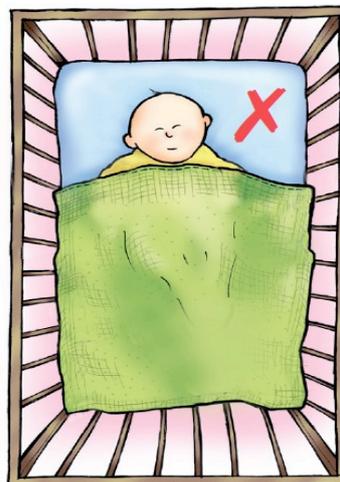
Sleep Record Books are completed each day, so confirmation is always available regarding the times each child has slept on any given day.

Parents are kept informed regarding their child's sleeps both verbally and through their child's daily diary.

### Safe Sleeping

#### ***Sleeping position***

- Babies under 12 months will be put to sleep on their back with their head uncovered and their feet to the foot of the cot. This includes babies with gastro-oesophageal reflux. If a registered medical practitioner has recommended a different sleep position, then this must be clearly evidenced in a written note from that practitioner.
- If a baby is less than six months old and they have turned onto their tummy, I will gently return them onto their back.
- When a baby is older and able to roll from back to front and back again, I will let them find their own position to sleep. However, I will still place them on their back at the start of sleep time.
- I will place babies near the foot of the cot with the covers below the shoulders.



When a baby is placed in their cot to sleep, I will ensure the following applies:

- Place the baby on their back with their feet at the foot of the cot.
- Tuck bedclothes in securely below the baby's shoulders.
- Babies' clothes should be loose and light.
- **NO** bibs, bottles, toys, quilts, pillows or cot bumpers should be in the cot.
- To avoid a flat head (plagiocephaly) ensure the baby is positioned with their head facing a different direction each time they are put down to sleep.
- Babies' heads must **not** be covered.
- No strings or cords must be attached to soothers.
- 1 baby per cot.
- Sleep positioners are prohibited.
- Bottles must never be propped at any time, including during sleep positioning.

### ***Sleep environment***

#### *Ventilation*

- I will ensure that the sleep room is adequately ventilated (either naturally or mechanically) but will never position a cot below a window or adjacent to a radiator.

#### *Lighting and visibility*

- I will control lighting in the sleep room with curtains/blinds so that the atmosphere is conducive to sleep but there is still adequate visibility for supervision.
- The window to the lounge must never be covered.

#### *Sleep area temperature*

- I will ensure the sleep area's temperature is maintained at between 16°C and 20°C.
- Babies must not be allowed to get too hot. Babies do not need any more than a nappy, vest and babygro to sleep in. In hot weather they may need less.
- Bedding will depend on the room temperature. If a baby seems hot, I will take some of the blankets off, if they seem cold, add an extra layer. I will use lightweight blankets that I can add to and take away as necessary.

#### *Soothers*

- I will ensure soothers do not have any string, cord or clips attached.
- They will be stored in separate clean containers labelled with each child's name when not in use, or placed in their bags.
- I will always check and ensure that soothers used are the right size for the age of the child and in good condition.
- Soothers decorated with beads, gems or other such decorations are prohibited.

#### *Supervision*

- I will ensure children in the lounge or sleeping upstairs must be within sight or hearing of me at all times, especially when I am actively engaged with children who are awake. I will use a listening monitor in the garden and/or playroom areas so as to be able to hear and monitor sleeping children.
- I will also physically check on sleeping children every 10 minutes.

**If you have any questions or concerns over your child's sleeping routine, please do discuss them with me so that I can best meet your child's needs.**

Date policy was written	June 2019
Policy review date	June 2020
Action/Amendments to be taken following review	