

Safeguarding children

General Welfare Requirement: Safeguarding and Promoting Children's Welfare
The provider must take necessary steps to safeguard and promote the welfare of children.

1.14 Sleeping policy

Policy statement

Downham Nursery School adopts a policy of good practice as recommended by the Cot Death Society to minimise the risk of Sudden Infant Death.

Babies and children sleeping safely at nursery is paramount, we promote good practice and ensure that we work in partnership with parents.

Babies and Children should sleep:

- At the bottom of their cot.
- In a well ventilated room
- No Duvets
- No large stuffed toys
- With a comforter if needed.
- Mobiles which are not in reach.

Children over 2 years of age who require a sleep during their time at Nursery will be provided with a mattress for the child to sleep on and this will be in a quiet area of their room or in the baby room. If a child falls asleep while at nursery, a member of staff will move them to a quiet place and lay them on a mattress.

Procedures

- Babies and children's individual routines are recorded out with the parent and key Person during settling in sessions.
- Staff will be aware of each individual child's needs.
- Babies and Children will not be left to cry themselves to sleep.
- When getting a baby ready for bed, staff will ensure:-
 - The child has outer clothes removed, shoes are removed.
 - They have a clean nappy.
 - Are given their comforter if required. Dummies are only used in the baby unit and are only used to help settle and calm the baby, to sleep.
 - The child is not too hot or cold.
- If changes are made to a child's sleeping routine the parents can speak to the key person and leave a message in the child's communication book.
- We record the time the child is laid down to sleep and when they have fallen asleep. The baby or child is then checked on every ten minutes and this is noted in the sleep book. There is also a two way alarm in the room in case the baby wakes up in the interim period.

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The staff at Downham Nursery will respect the parent's wishes for how long and when they would like their child to sleep for. We make a record of what time the child went to sleep and when they woke up in the child's communication book.

The temperature of the baby room is recorded in the morning on the risk assessment sheet and again in the afternoon. There is a sheet to monitor the temperature at intervals throughout the day, in the baby room. If staff find that the temperature drops below the recommended temperature of 18°C, they must report this to the Nursery Supervisor who will contact Mr Sharpe.

This policy was adopted at a meeting of	Downham Nursery School	name of setting
Held on	July 2024	(date)
Date to be reviewed	July 2025	(date)
Signed on behalf of the management committee		
Name of signatory	E. J. Laffeaty-Sharpe	
Role of signatory (e.g. chair/owner)	Principal/ Proprietor	