

Sleeping Children Procedure

Babies

The babies sleep in prams outside in the purpose built baby pavilion which is situated in the nursery garden. Each baby has his/her own named pram, individual mattress and individual bedding. The bedding is washed each week. The hoods of the prams are put up against the wind and an insect net is always used to protect the babies from cats, flies, wasps, bees etc. The babies are always secured in reins. Their comforter is given if required. Staff ensure babies are dressed appropriately for the temperature outside.

All babies are placed on their backs with blankets no higher than their shoulders, in line with safer sleeping guidelines. A sleep checks form is kept with the staff member in the pram pavilion and staff always record the following details:

- the name of each baby
- the date
- the time the baby is placed in the pram
- that the reins are secure and are checked by another staff member
- which staff member has put the baby to sleep
- when each child falls asleep and wakes up.

Staff regularly check at ten minute (minimum) intervals that the baby is breathing, comfortable and generally well. When babies are asleep a staff member will be present in the pavilion at all times to record checks and ensure the baby's safety at all times. If only one baby is ready to sleep their pram will be moved to reception to be observed by the Head of Nursery, Deputy or Administrator. Once more babies are ready to sleep, then that individual will be moved to join the rest of the babies and the Duckling room staff member in the pavilion.

Children aged from 1 to 5 Years

This age group of children sleep on individual bed mats in their base rooms. Each child has their own named bed and individual bedding. Each bed is separated for storage using an individual pillowcase. The bedding is laundered each week (or more if required). The bed mats are wiped with sanitizer spray when bedding is changed.

Base Room staff assist the children to sleep and monitor them until they wake up. A record is made of the time and length of each child's sleep within the under 2's rooms and all rooms record ten minute (minimum) interval checks that the children are breathing, comfortable and generally well. In line with safer sleeping guidelines blankets are used no higher than the child's shoulders. The children are given their comforter if required. Any child who usually sleeps, but does not sleep on a particular occasion is encouraged to first rest with the other children and then is able to get up.

The nursery recognises the UNCRC 'right to rest' and there will be no limit to the under 2's, who should have a minimum of 1.5 hours sleep.

We recognise that children's individual needs with regards to sleep can be quite different. We endeavour to be as flexible as possible to meet the individual needs of the **child**. The Butterflies room divides after lunch to make an awake room and a sleeping room. This means we are able to meet the individual needs of the children, regardless of age. As children's individual needs change their sleeping patterns are discussed collaboratively with parents.

The original policy was adopted at the Staff Meeting in May 2000. It is regularly reviewed and adjusted most recently in September 2022

Signed on behalf of Babraham Nursery:

Date: March 2024

Next review date: September 2026