



**Cheddar First School & Preschool**

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## **Rest and Sleep at Preschool Policy**

### **Policy Statement**

This policy applies to all staff, including senior managers, paid staff, volunteers and students or anyone else working on behalf of Cheddar First School.

At Cheddar First School we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session.

At Cheddar First School practitioners will make decisions based on best practice and we will respect parental wishes in line with Ofsted regulation who state “that it is an Early Years Foundation Stage requirement to respect parental wishes”.

When babies and children at Cheddar First Preschool join we will fill out an ‘All About Me’ form with the parent/carer which has information regarding sleep routines. This can be updated throughout the year via Tapestry to reflect the growing child’s changing needs.

### **The purpose of this Policy:**

- To make parents and staff aware of our approach to sleep and rest opportunities at preschool and to ensure that all children get all the sleep they need whilst in our care, whilst following best practice in a safe environment. We aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

### **Cheddar First Preschool recognises that:**

- The welfare and safety of the child is paramount;
- It is very important for children to all the rest and sleep they need;
- Every child’s needs are different;
- It is very important that all children get enough sleep they need to develop;
- Parents and carer’s wishes should be respected with regard to their children’s sleep requirements, provided that the child’s welfare is not compromised.
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times.

### **Safe Sleeping Guidelines:**

The safety of babies & young children sleeping is paramount and we promote good practice and ensure that we work in partnership with the parents.

Cheddar First Preschool adopts a policy of practice recommended by The Cot Death Society to minimize the risk of Sudden Infant Death.

### **Babies & young children should sleep:**

- On their backs;
- At the bottom of the cot;



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- In a well ventilated room with a temperature between 16-20c;
- With sheets or blankets that cannot become tangled;
- Without any large soft toys that have the potential to smother a baby;
- With a comforter if they normally have one.

### Procedure

1. All About Me sheet to be filled out with parent/ carer and Key Person when they are settling into Cheddar First Preschool. If a baby has an unusual sleeping routine or position that we would not use i.e. babies sleeping on their tummies we will explain our policy to the parents and ask them to sign a form to say they have requested we carry out a different position or pattern on the sleeping babies form.
2. Staff will consult with parents/carers on how best to put their child for a sleep, ie stroking head, hand on tummy
3. Staff will make themselves aware of individual needs of the babies and children in their care.
4. Sleep routines are a very intimate part of a baby's day. Babies must not be left to cry themselves to sleep or be left for long periods of time to 'drop' off to sleep.
5. When getting a baby/child ready to sleep the staff need to ensure the baby/child has the following:
  - A clean nappy
  - A clean face and hands
  - Outer clothes have been removed
  - They are fed or had a drink
  - All bibs have been removed
  - A comforter if needed
  - Is not too warm

### Daytime Rest Policy and Procedure:

1. Staff should prepare the baby for bedtime by moving to a quieter part of the nursery, having a story or having a cuddle.
2. Some babies need help to go off to sleep, such as through patting or rubbing their tummies. The staff need to pull up a chair to the side of the cot so not to strain their back or to sit on the floor while helping the baby/child get to sleep.
3. If the baby has not gone to sleep after 15 minutes the staff member should consider getting them up and trying them later for another sleep.



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4. The Key Person should discuss this with the parent and establish a time limit for trying to get the baby to sleep which should be communicated to all staff members.
5. If a baby falls asleep in the arms of a staff member they should be placed in the cot so they can continue to sleep.
6. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the baby's clothes should be loosened. Staff within the area should be made aware that the baby needs their nappy changing when they wake up.
7. The cots should be cleaned and maintained. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.

### Older Children

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at Cheddar First Preschool. As they grow, they will usually develop a routine in which reducing the length or the frequency of their daytime sleeps.

Children at Cheddar First Preschool have the opportunity to rest or sleep if they need or want to throughout the day.

The staff need to create an environment for the children to rest or sleep in a quiet area to cuddle up with a book, cots for younger babies or sleep mats for older children.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will in accordance with Ofsted regulation.

### Sleep monitoring

All sleeping children must be checked at 10-minute intervals. Staff who are working in the room are all responsible for checking the children. We also have a visual monitor but this should not replace physical checks.

### Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that all sheets or blankets are not wrapped around the child
- Observing colour of skin



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- Checking the temperature of the room. If the temperature is not within 16-20C, the staff member should consult with their supervisor

The sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check.

A record of each child's daily sleep pattern is recorded using our Tapestry Care Diary.

### Emergency

- Should a staff member be concerned about a child, they will immediately call for help from another staff member and their supervisor.
- Staff will follow the First Aid Policy.
- The supervisor will call 999 for an ambulance if a baby or child;
  - Stops breathing or turns blue
  - Is struggling to breathe
  - Is unconscious or seems unaware of what's going on
  - Will not wake up
  - Has a fit / seizure for the first time, even if they seem to recover.

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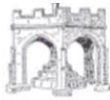
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## Sudden infant death syndrome (SIDS)

**Sudden infant death syndrome (SIDS) – sometimes known as "cot death" – is the sudden, unexpected and unexplained death of an apparently healthy baby.**



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In the UK, around 200 babies die suddenly and unexpectedly every year. This statistic may sound alarming, but SIDS is rare and the risk of your baby dying from it is low.

Most deaths happen during the first 6 months of a baby's life. Infants born prematurely or with a low birthweight are at greater risk. SIDS also tends to be slightly more common in baby boys.

SIDS usually occurs when a baby is asleep, although it can occasionally happen while they're awake.

Parents can reduce the risk of SIDS by not smoking while pregnant or after the baby is born, and always placing the baby on their back when they sleep.

[Find out how to stop smoking.](#)

### What causes SIDS?

The exact cause of SIDS is unknown, but it's thought to be down to a combination of factors. Experts believe SIDS occurs at a particular stage in a baby's development and that it affects babies vulnerable to certain environmental stresses.

This vulnerability may be caused by being born prematurely or having a low birthweight, or because of other reasons that have not been identified yet.

Environmental stresses could include tobacco smoke, getting tangled in bedding, a minor illness or a breathing obstruction. There's also an association between co-sleeping (sleeping with your baby on a bed, sofa or chair) and SIDS.

Babies who die of SIDS are thought to have problems in the way they respond to these stresses and how they regulate their heart rate, breathing and temperature.

Although the cause of SIDS is not fully understood, there are a number of things you can do to reduce the risk.

### What can I do to help prevent SIDS?

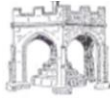
#### Do

- always place your baby on their back to sleep
- place your baby in the "feet to foot" position – with their feet touching the end of the cot, Moses basket, or pram
- keep your baby's head uncovered – their blanket should be tucked in no higher than their shoulders
- let your baby sleep in a cot or Moses basket in the same room as you for the first 6 months
- use a mattress that's firm, flat, waterproof and in good condition
- breastfeed your baby, if you can – see [benefits of breastfeeding](#) for more information
- make sure you use a sling or baby-carrier safely – [The Lullaby Trust has more information](#)

#### Don't

- do not smoke during pregnancy or let anyone smoke in the same room as your baby – both before and after birth
- do not sleep on a bed, sofa or armchair with your baby
- do not share a bed with your baby if you or your partner smoke or take drugs, have recently drunk alcohol or if your baby was born prematurely or weighed under 2.5kg when they were born
- do not let your baby get too hot or too cold – a room temperature of 16C to 20C, with light bedding or a lightweight baby sleeping bag, will provide a comfortable sleeping environment for your baby

Read more about [reducing the risk of SIDS](#).



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## Seeking medical advice if your baby is unwell

Babies often have minor illnesses that you do not need to worry about. Give your baby plenty of fluids to drink and do not let them get too hot.

If you're worried about your baby at any point, see your GP or call [NHS 111](#) for advice.

Read more about [spotting signs of serious illness in children](#).

## Immediate action required: Dial 999 for an ambulance if your baby:

- stops breathing or turns blue
- is struggling for breath
- is unconscious or seems unaware of what's going on
- will not wake up
- has a fit for the first time, even if they seem to recover

## Support services

If a baby dies suddenly and unexpectedly, there will need to be an investigation into how and why they died. A [post-mortem](#) examination will usually be necessary, which can be very distressing for the family.

The police and healthcare professionals work closely to investigate unexpected infant deaths and ensure the family is supported. They should be able to put you in touch with local sources of help and support.

Many people find talking to others who have had similar experiences helps them to cope with their bereavement.

The [Lullaby Trust](#) provides advice and support for bereaved families. Specially trained advisers are available on its helpline – the number is 0808 802 6868 and it's open Monday to Friday (10am to 5pm), and at weekends and public holidays (6pm to 10pm).

You can also email [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk) or [visit the Lullaby Trust website](#) for further information and support.

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