



28 Sleeping Babies and Children Procedures

Staff will work alongside the parents with regards to their child's sleeping patterns. Staff will reassure the child by gently speaking to them as they encourage them to take a rest and ensure they are given their own comforter if one is bought in from home.

Baby Room

- Each child is given their own sheet and blanket during a session
- If a child sleeps in a Gro/sleep bag or with a special blanket/toy etc we will ensure that this continues during their time with us.
- Sheets and blankets are washed in non-bio washing powder
- Cots and mattress are checked regularly for wear and tear.
- We try to maintain a room temperature of 16-20°C - with light bedding.
- Babies are always put down to sleep on their backs
- Once a baby can move themselves from their back to their front and back again by themselves, they will be able to find their own sleeping position.
- Sleeping babies sleep in the main room behind a low wall. They are continuously monitored by staff who check them every 10-15 minutes.
- A crying baby will be reassured and not left to get too distressed although we understand some parents wish their baby to learn to fall asleep by themselves.
- We record on I-Connect/Parent Zone the time each child goes to sleep and the time that they wake up.
- Four evacuation cots are available and have easy access when needing to evacuate the room
- Staff are made aware of manual handling best practice, this is then put into place when lifting the babies in and out of the cots.
- All children who sleep in a snuggle sack in the baby room will be reassured and monitored in the same way as those in cots.
- Babies will access the outside area during the day, and children will be sometimes taken outside to sleep in evacuation cots during fine weather.
- Babies and children will not be put down to sleep in pushchairs unless the parent has said it is the only way they fall asleep or if the child is fighting sleep and becoming distressed. If this is the situation, we will gradually wean the child away from this habit.

Preschool Room

- All children will have their own named snuggle sacks, children will be monitored by staff members who sit with them reassuring them while they go to sleep.
- Comfort toys, blankets or dummies will be used if the child uses them to sleep and staff remain close for reassurance

Cathy White
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