

Sleeping Babies and Children Procedures

Staff will work alongside the parents with regards to their sleeping patterns. Staff will reassure the child by gently speaking to them as they encourage them to take a rest. It is the right of every child to be able to sleep if they need to.

Baby Room

- We use only cotton sheets and cellular blankets
- Each child is given their own sheet and blanket during a session
- If a child sleeps in a Gro bag or with a special blanket/toy etc we will ensure that this continues during their time with us.
- Dirty sheets and blankets are put in the laundry room basket for washing with non-bio washing powder
- Cots and mattress are checked regularly for wear and tear.
- Cots are rotated to accommodate all babies that sleep however we try to keep a child in the same cot if they are in everyday.
- Sleeping babies are monitored every 10 minutes.
- A crying baby will be reassured and not left in a cot crying for longer than 5 to 10 minutes
- Room temperature is monitored and recorded regularly
- A sleep chart is used and the time a child goes to sleep is noted along with the time that they wake up. This is also recorded in the child's home diary
- Two evacuation cots are available, these are positioned near the gate to the cot room for 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.
- Babies will not be put onto their fronts
- All children who sleep in a snuggle sack in the baby room will be reassured and monitored in the same way
- If a child uses a comfort toy blanket or dummy this will be given when going to sleep.
- 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. 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.
- Stories are read to children who enjoy this to help them settle. Any child who does not settle will be encouraged to participate in the ongoing activities
- Comfort toys, blankets or dummies will be used if the child uses them to sleep

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Manager
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