

## Safeguarding- Health and Safety

### Sleeping Children Policy

## Statutory Framework for the Early Years Foundation Stage

### Quote Reference: 3:59

*'Sleeping children must be frequently checked'*

### **Purpose of the Policy:**

The purpose of this policy is to ensure parents/carers understand how the Family Centre will support and monitor children who sleep whilst accessing the Centre.

We aim to:

- Provide an environment which has areas where children can rest or sleep
- Provide a warm and reassuring response to tired children
- Respect parent's wishes and support established routines where possible.

### **What parents\carers should do:**

- Provide the setting with your child's sleep routine and any comforters required to aid your child to fall asleep.
- Read the sleep safe information and try to keep your child away from smoke filled environment, do not sleep with your child in your bed or fall asleep with them in a chair.
- If your child falls asleep in a car seat do not leave them in there after the journey ends. Sleeping children in car seats or pushchairs can affect your child's development.
- Discuss any sleep problems your child may be experiencing with their key person.

### **What we will do:**

- Ensure that there are areas of the nursery where children can rest or sleep if they are tired.

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- Encourage children to rest/sleep in line with their parent's wishes/routine, although as our primary focus is that of the child, this may not always be possible.
- If a child wishes to sleep we will provide each child with their own clean bedding and make sure their comforters are readily available.
- Sanitise mattresses after each use
- Check to make sure hair bobbles, or hair slides are not loose, if they are they will be removed
- We will endeavour to keep the room temperature at 18 degrees centigrade and maintain good ventilation.
- Check on sleeping children every 10 minutes and record the check on the **Sleep Record Chart**
- Remove soft toys – that may be used as comforters- once the child is asleep.
- We will inform you of the sleep/ rest your child has had during their session.
- Share with you the **Baby Sleep Safe Guidance** and information about the adverse effects of children sleeping in pushchairs, car seats or baby bouncers.
- Provide support for parents/carers who are having difficulty establishing a sleep routine with their child.

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