

Fordbridge Community Primary School daytime rest and sleep policy

It is vital children get the sleep they need to function and grow their cognitive, physical, and emotional development. It is crucial for a child's health and wellbeing that enough sleep is had and important that we encourage restful and quiet times at the nursery.

Between 12:30pm and 2:15pm is our set sleep time at the setting, however we know that some children may sometimes have their own routines, specific to them which we will follow with guidance from parents/carers.

Some parents/carers may not want their children to sleep and this will be discussed during the settles.

We will distract and discourage sleep if a parent/carer has requested for the child not to sleep, however we will not physically keep your child awake. Similarly, if the child does not want to sleep, we will not force them.

If they fall asleep, you will be phoned and asked how you would like us to proceed.

Daytime rest/sleep time guidance

Timings and room conditions:

Limits set by parents/carers will be adhered too. 45 minutes minimum.

Room properly ventilated and temperature monitored.

Toys and books tidied away to avoid stimulating the child/ren before their rest.

Sleep beds are to be kept apart and enough space in between for practitioners to be able to get to a child without disturbing others.

Lullaby's can be played via a tablet to soothe the children to sleep.

Safety of the child:

Children are NOT to be left unsupervised and 15-minute checks will be carried out, documented and initialled.

15 MINUTE CHECKS ARE TO ENSURE CHILDREN ARE STILL BREATHING NOT TO CHECK THAT THEY ARE STILL ASLEEP

Clothing such as jumpers can be removed if necessary, to ensure comfort and safety and prevent.

No blankets will be used.

All children are different and may like to be comforted in various ways to soothe them to sleep. Forms of comfort that are acceptable are listed below.

Rubbing a child's back

Rocking a child to sleep- hand on back

Holding and rocking a child to sleep

Stroking a child's face/ hair/ neck

Please see Appropriate Touching Policy

Sudden Infant Death Syndrome SIDS

Sudden Infant Death Syndrome (SIDS): is the sudden and unexplained death of a baby where no cause is found after a detailed post-mortem.

Unsafe sleeping positions and environments are increased factors in possible SIDS so to prevent this we follow the following guidance.

Research has shown that overheating arising from high room temperature, excessive insulation (overwrapping) or both, is associated with an increased risk of SIDS.

A high proportion of infants who die as a result of SIDS are found with their head covered with bedding. Loose bedding which can cover a baby's face or head can be dangerous and has been shown to increase the chance of SIDS. Soft or bulky bedding, such as quilts, pillows, and duvets, is also associated with an increased risk of SIDS in the UK.

There is substantial evidence from all round the world to show that sleeping a baby on their back (known as the supine position) at the beginning of every sleep period significantly reduces the risk of SIDS. However, sleeping an infant prone (on its front) or side is associated with a significantly increased risk of SIDS. Studies have also shown that infants who usually sleep on their back but are

then placed on the front or side to sleep are at a particularly high risk. It is therefore important that babies are put on their backs consistently as part of their regular sleep routine.