

6.8 Safer Sleep Policy

Policy Statement

Throughout the day children will be given the opportunity to rest and sleep appropriate to their age/stage of development and their individual needs. The individual sleep and rest pattern of children will be discussed with parents and met as far as possible throughout the daily routine.

Rest times

- Comfortable areas and an appropriate environment will be provided to allow children to rest as and when they wish to throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, look at books and be read or sung to.

Sleep Times

- Practitioners will recognise that children have individual needs when be settled to sleep.
- Comfort items will be used to enable children to feel settled.
- Practitioners will ensure that children are clean and comfortable before being settled to sleep.

Environment

- Relaxing music will be played to help settle children
- Sufficient room between beds and cots to prevent disturbance
- Children who are not sleeping will be taken to another area

Health and Safety

- Children will be provided with a cot or bed for their use at nursery, dependent on parent's wishes.
- Personal bedding will be provided which is clean and in good condition.
- Babies who are sleeping will be checked at a minimum of 10-minute intervals.
- Babies will be placed on their back to sleep and will never be left unsupervised.
- Babies will never be placed next to a heater to sleep and the temperature of the room will be checked to ensure it is appropriate.
- Babies will be placed in the feet to foot position in the cot; babies feet should be at the bottom of the cot to prevent the baby wriggling down under the covers.
- Blankets will be placed over each child to around the middle of their chest to prevent smothering

See Lancashire County Council 'Safer sleep for baby' booklet & information poster

See The Lullaby trust information booklet for parents