

Sleep and Rest



Revised Policy: Safe Sleep

Purpose

To outline the procedures for ensuring safe sleep practices at Grass Roots Nursery Group, promoting the health and well-being of children in line with EYFS statutory requirements.

Key Principles

- **Individualised Approach:** We respect and accommodate individual sleep preferences and routines.
- **Safe Sleep Environment:** We provide a secure sleeping environment using safety-approved equipment.
- **Active Monitoring:** We maintain constant supervision and perform frequent physical checks on sleeping children.
- **Parental Partnership:** We collaborate with parents to understand and support their child's unique sleep needs.

Safe Sleep Procedures

Positioning and Equipment

- **Back-to-Sleep:** Babies must always be placed on their backs to sleep.
- **Feet-to-Foot:** Babies should be placed with their feet at the foot of the cot to prevent them from wriggling under covers.
- **Surface Safety:** Only safety-approved cots or firm, flat, waterproof mattresses are to be used.
- **Pram Safety:** Children who arrive at the nursery asleep in prams must be roused and moved to a safe, flat sleeping surface.

The Sleeping Environment

- **Clear Cot Policy:** Sleeping areas must be kept free of pillows, blankets, soft toys, or cot bumpers.
- **Hazard Removal:** The environment must be free from hanging objects, cords, or mobiles.
- **Temperature & Ventilation:** Staff will ensure appropriate ventilation and maintain a comfortable room temperature (ideally between 16–20°C).
- **Clothing:** Children should be dressed appropriately for the room temperature; heavy coats or hooded jumpers must be removed before sleep.

Supervision and Monitoring

- **Physical Checks:** Staff are assigned to monitor sleeping areas and must perform physical checks at least every 10 minutes.
- **Observations:** Checks must ensure the child's face is not covered, they are breathing clearly, and they are not overheating.
- **Documentation:** Staff must maintain a log of every check, recording the time and the child's status.

Communication and Training

- **Staff Competency:** All staff will receive training on safe sleep practices, infant development, and emergency procedures, including CPR and SIDS awareness.
- **Parental Dialogue:** Staff will discuss routines and share observations regarding sleep patterns with parents regularly.



- **Cultural Sensitivity:** We will respect cultural differences and individual preferences provided they remain within safe sleep safety guidelines.

Policy Review

This policy is reviewed regularly and updated to reflect changes in best practices, medical guidelines, and EYFS statutory updates.