



General Welfare Requirement: Safeguarding and Promoting Children's Welfare  
The provider must take necessary steps to safeguard and promote the welfare of children

## Safeguarding Children

### Sleep Policy

#### Statement

At Cherry Blossom Nursery and Preschool we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. We allow children to sleep whenever they wish. The welfare requirements state that the provider must meet the needs of the children at all times, this means that if the child is tired we allow him/her to have a nap. The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death society and Lullaby trust minimise the risk of Sudden Infant Death.

#### Procedures

- Let a child sleep when they are tired.
- Let a child sleep as long as they need and wake naturally whenever possible, (we will take into account information from parents/carers about the child's individual sleep patterns).
- Babies over the age of 18 months may begin having shorter naps to ensure that their bedtime routine is correct and that their afternoon sleep does not impact their bedtime, staff will do their best to adhere to children's routines and nap schedules where sleep is not being deprived from them.
- Children must be awake when arriving to nursery. We are unable to accept children who are asleep, this is to ensure the wellbeing of the child coming into nursery.
  - Never force a child to sleep.
  - Give a reasonable amount of time for children to rest or to get to sleep.
  - Ensure that children have a safe and comfortable environment to sleep in.
- Make children comfortable and safe if they fall asleep in an area other than the sleep area.
- Let children sleep at times other than the designated sleep time according to their individual needs
- Babies should sleep on their backs, at the bottom of the cot and in a well ventilated room with no duvets or bumpers to the sides of the cot.
  - Our cots will be fitted with sheets or blankets that cannot be tangled.

- Babies/children will not be left to sleep with any large soft toys that have the potential to smother a baby.
  - Babies/children will be given a comforter if they normally have one.
  - Cot mobiles that are out of reach.
- Child's individual routine sheets are filled out with parent/carer and key person.
- Babies/children should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep.
  - Babies and young children should never be left to sleep with a bottle
- When getting a child to sleep the staff need to ensure that the following are done:
  - ... Clean nappy.
  - Outer clothes removed.
  - Fed or had a drink.
  - All bibs removed.
  - A comforter if needed.
  - Not too warm.
- Staff should prepare the baby/child for their sleep by moving to a quieter part of the nursery, having a story/cuddle.
- All sleeping children are checked in 10 minute intervals - this is a physical check where the staff member must touch the child's back or chest to check for regular breathing.
- One staff member remains in with a sleeping child at all times in the event of an emergency where evacuation or a lockdown may need to be carried out.
- If a baby/child falls asleep in the arms of a staff member they should be placed in the cot so they can continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the baby's/child clothes should be loosened.
- Cots should be cleaned, maintained and checked at regular intervals to ensure that it is safe and secure.
- Bedding is changed between each child in line with our infection control policy, each child has their own bedding that is used and washed regularly on a hot wash.

**We provide a safe environment by:**

- Monitoring the room temperatures (16-20 C)
- Use clean and light bedding/blankets and ensure babies are dressed for sleep to avoid overheating
- only use safety approved cots or other suitable sleeping equipment (i.e pods or mats) that are compliant with British Standard Regulations, and mattress covers are used in conjunction with a clean fitted sheet.

- babies that are pulling themselves up are not permitted to sleep in the overhead cots.
- No using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
  - keep all cots and sleeping equipment away from hanging objects, i.e cot mobiles, blind cords and drawstring bags.
- ensure all babies and young children that have fallen sleep being held are transferred safely and appropriately to complete their rest.
  - having a no smoking policy

We ask parents to complete sheets, 'My day', where the child's sleep routine is shared with the key person when the child starts nursery and these are reviewed and updated when needed.

If a baby has an unusual sleeping routine or position that we do not use in the nursery i.e babies sleeping on their tummies, we will explain our policies and procedures to the parent and not usually offer this unless professional advice has been sought i.e from a doctor or health visitor, in which case we would ask them and the parents to sign a document.

All children develop at different rates and we must meet their needs throughout the day at nursery. As they grow their need for sleep during the day will reduce but at Cherry Blossom Nursery and Preschool we will always create an environment, a quiet place where they can rest as/when required.

Please note - parental wishes should always be taken into account, although staff cannot make a child sleep, wake or keep a child awake against his/her will.

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