

Sleep Policy

We work within the Statutory Framework for the Early Years Foundation Stage (EYFS), published by the Department for Education (DfE) in March 2021, effective from September 2021

The sleep room is a calm, tranquil place for babies and young children to rest and sleep.

Parents are given the choice for their child to sleep in a cot or basket. The baskets are recommended for babies and children who are mobile, to promote independence.

Parents have the opportunity to discuss these sleep arrangements with the child's key person on a regular basis.

Bed linen for baskets and cots are named and changed for each child as necessary. Safety mattresses are used within the sleep room on both cots and baskets as recommended by the Foundation for the Study of Infant Deaths (FSID). Babies and young children are always placed in a foot to foot position, on their backs unless otherwise directed by the parent.

Babies and young children's sleep routines will be clearly stated during settling in sessions via a care plan. Comfort toys and soothers brought from home are encouraged into the setting so as to enable every child to feel safe and secure whilst settling into a new environment.

In line with the Safeguarding Children legislation, the babies and young children are checked every 10 minutes by the use of a timer. These checks are then recorded to ensure wellbeing of every child.

Children's sleep routines often change according to every child's individual needs. These are discussed as they arise as part of our ongoing partnership with parents.

Adoption Date: 1st September 2020.

Signed:

Nm Orel

Annual Review

Reviewed 1st September 2021

Reviewed 1st September 2022

Reviewed 1st September 2023

Next review 1st September 2024