



Sleep policy

Here at Rising Stars we aim to ensure that every child has a safe environment to sleep to support their development.

The safety of children while they are sleeping is paramount. We make sure that our sleep requirements are safe by:

- Placing babies to sleep on their backs to sleep unless they can roll onto their front independently, in which case, they are free to sleep on their front, back or side.
- Ensuring no child is ever put down to sleep and given a bottle to self-feed. Staff must always attend whilst a child is feeding.
- Ensuring that all children are monitored visually when they are sleeping and that they are breathing correctly (watching for the rise and fall of the chest). Checks are recorded on the sleeping record every 10 minutes and signed by the staff member completing the check. No child is ever left unsupervised while they sleep.
- Monitoring babies under six months or a new child's sleeping more closely during the first few weeks until we are more familiar with the child and their sleeping routines to offer reassurance to them and their families.

At Rising Stars, we provide a safe sleeping environment by:

- Gently patting each child to sleep
- Monitoring the room temperature
- Using a white noise music machine to enable a calming environment
- Using blankets and sheets specific to each child, that are washed weekly or more frequent if needed.
- Ensuring the children go to sleep in light comfortable clothing to avoid overheating
- Only using safely approved cots or our flat bed mats that are suitable for sleeping and that are compliant with regulations.
- Not using cot bumper or cluttering the cot with soft toys.
- Ensuring any child that enters the nursery asleep in a pram is moved safely to a bed so that they can be monitored and continue their rest in the correct environment.
- Keeping all spaces around cots and beds clear from hanging objects.
- Transferring any child who falls asleep in the arms of a practitioners to a cot or bed so that they can continue their rest.
- Asking the child's parents of any sleeping requirements during their first settling session and asking the parent to keep us updating with any changes.

We recognise that a parents knowledge of their child's sleep routine is important however members of staff will not be permitted to keep any child awake against their will or force a child to sleep if they do not want to. Staff will not usually wake a child up from their sleep unless they are being collected or they have been asleep for a significant time which may impact their routine.

Staff are required to discuss any queries that they may have regarding a child's sleep routine with the parents to ensure we are providing what is best for the child's needs.