



Sleep Routine Policy

At Lara Nursery, we prioritise the health and well-being of all children in our care, including their sleep patterns and routines. Our sleep routine policy is designed to ensure that children receive adequate rest in a safe and supportive environment, while also respecting individual sleep preferences and needs.

Safety Measures:

- We follow the guidelines provided by The Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). This includes placing babies on their backs to sleep and visually monitoring their sleep position and breathing patterns.
- Babies and toddlers are never left unattended while sleeping, and checks are conducted every 10 minutes to ensure their safety.
- We provide a safe sleeping environment by monitoring room temperature every 20 minutes while children are sleeping to ensure the temperature is between the recommended 16-20 degrees, using clean, light and breathable bedding, and ensuring the use of safety-approved cots and sleeping equipment. Staff will ensure children do not overheat by using appropriate clothing and avoiding excess bedding.
- We do not use cot bumpers or clutter cots with soft toys to prevent suffocation hazards.

Parent Partnership:

- Parents are asked to complete forms detailing their child's sleeping routine upon enrolment, which are reviewed and updated regularly with the child's key person.
- If a child has an unusual sleeping routine or position not typically used in the nursery, we communicate our policy to the parents and seek their input. Exceptions may be made for medical reasons with parental consent.
- We recognise and respect parental knowledge of their child's sleep routines, working collaboratively to ensure individual needs are met.
- Staff will inform parents of their child's sleep duration, any issues during sleep, and general well-being upon collection.

Date this policy was reviewed:

Date this Policy was updated:

Name and Signature:

Flexible Sleep Routines:

- Individual sleep routines are followed rather than a set sleep time for all children. We create a calming environment for children who require sleep, such as dimming lights or playing soft music.
- Children who do not require sleep are engaged in stimulating activities to promote learning and development, which may include outdoor play or group activities.

Communication with Parents:

- Staff members discuss any changes in sleep routines with parents at the end of the day, sharing observations and information about children's behaviour if they do not receive adequate sleep.

Staff training

- All staff will be trained on safe sleep practices and regularly updated on the latest guidelines. This includes understanding how to reduce risks of SIDS and other sleep-related incidents.

Sleeping Twins:

- We adhere to guidance from The Lullaby Trust regarding sleeping arrangements for twins, working closely with parents to maintain their sleep routines and well-being.

At Lara Nursery, we are committed to providing a nurturing and safe environment where children can rest and recharge, supporting their overall health and development.

Further information can be found at: <http://www.lullabytrust.org.uk>

This policy will be reviewed annually or more frequently if new guidance or regulations are introduced, to ensure continued adherence to best practices.