



Sleep Policy

Visual supervision is always required when children are sleeping. Every 10 minutes a member of staff will visually check on the children, looking for the rise and fall of the chest and if the sleep position has changed. You should be especially alert to monitoring a sleeping baby during the first few weeks they are in your care. Checks should be documented on the sleep record chart with the time and staff initials completed, these times should be shared with parents.

Steps should be taken to keep babies from becoming too warm or over heated by regulating the room temperature. Room temperature should be kept between 16 and 20 degrees.

Babies should not sleep in a nesting ring, care seat, bouncy chair.

Loose bedding, pillows, bumper pads etc, should not be used in cots.

Babies sleeping outside should have cat/fly nets over their prams and you should only use prams that can lay flat.

A safety approved cot with a firm fitting mattress and fitted sheet will be used.

Cots are to be checked before use to ensure no items are within reach. i.e. hanging over or beside the cot (cables, cord blinds)

You should ensure that sheets or thin blankets come no higher than the baby's shoulders. To prevent them from wriggling under the covers. You should make sure the covers are securely tucked in so they cannot slip over the baby's head.

Only sheets and blankets that are at good condition should be used, any loose threads should be removed.

<u>Updated/Reviewed:</u>	<u>Signature:</u>

Shipston Enterprise, Pittway Avenue, Shipston-On-Stour, Warwickshire, CV36 4DQ. 01608 238946

Contactus@growingpatchnurseryltd.co.uk

Reg No: 2550371. Directors; Kay-leigh Seys and Rebecca Weston