

## **6.8 Safer Sleep Policy**

### **Policy Statement**

Throughout the day children will be given the opportunity to rest and sleep appropriate to their age/stage of development and their individual needs. The individual sleep and rest pattern of children will be discussed with parents and met as far as possible throughout the daily routine.

### **Rest times**

- Comfortable areas and an appropriate environment will be provided to allow children to rest as and when they wish to throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, look at books and be read or sung to.

### **Sleep Times**

- Practitioners will recognise that children have individual needs when be settled to sleep.
- Comfort items will be used to enable children to feel settled.
- Practitioners will ensure that children are clean and comfortable before being settled to sleep.

### **Environment**

- Relaxing music will be played to help settle children
- Sufficient room between beds and cots to prevent disturbance
- Children who are not sleeping will be taken to another area

### **Health and Safety**

- Children will be provided with a cot or bed for their use at nursery, dependent on parent's wishes.
- Personal bedding will be provided which is clean and in good condition.
- Babies who are sleeping will be checked at a minimum of 10-minute intervals.
- Babies will be placed on their back to sleep and will never be left unsupervised.
- Babies will never be placed next to a heater to sleep and the temperature of the room will be checked to ensure it is appropriate.
- Babies will be placed in the feet to foot position in the cot; babies feet should be at the bottom of the cot to prevent the baby wriggling down under the covers.
- Blankets will be placed over each child to around the middle of their chest to prevent smothering

***See Lancashire County Council 'Safer sleep for baby' booklet & information poster***

***See The Lullaby trust information booklet for parents***