

09 Early years practice procedures

09.10 Sleep and rest time

At Castle Hill Pre-School we recognise that sleep and rest times are key times in the day for being close and promoting security and are an important part of a child's unique and individual care. Younger children will need to sleep but older children do not usually need to. No child is made to sleep. Our sleep and rest procedures at Castle Hill Pre-School comply with the EYFS and the latest available safety guidance.

Partnership with families

We do not promote sleeping in the setting due to not having a suitable sleeping area. However, we do inform parents if their child has fallen asleep and the length of time they were asleep for. Children who do fall asleep are settled without coverings as the room is maintained at a suitable temperature and are supervised during the sleep by a member of staff.

Staff training

All staff at Castle Hill Pre-School complete a comprehensive induction which includes safer sleep training. All staff are required to read Lullaby Trust Guidance on Safer Sleep and the NHS advice on sudden infant death syndrome.

Children asleep on arrival at the setting

If a child arrives at the setting asleep, they must be monitored by the parent/carer until they wake.

The sleep environment

The manager ensures a risk assessment is completed for the sleep area to ensure that it is safe and meets the requirements set out in the EYFS and British Safety Standards. This is reviewed each time a change to the environment is made and at least annually. A daily check of this environment takes place before any children arrive and periodically throughout the day.

An emergency plan is displayed, showing what action to take if a child stops breathing whilst asleep. There is a room thermometer in the sleep area that is checked when settling a child to sleep and the temperature recorded.

The sleeping environment must be:

- Be clean and uncluttered.
- There must be no shelves or objects above where the child is sleeping.
- The room temperature should be between 16–20C monitored by a thermometer in the sleep area.
- The room should be well ventilated.
- Children aged over 12 months must be placed down on their back in their own separate sleep space on a clear, flat, firm surface.

- Pillows, cot bumpers and duvets, are not used

Supervision of sleeping children

- A sleeping or resting child is always supervised by a member of staff for the duration.

An 'active' sleeping check on a child involves:

- Placing a hand on the child's chest or near their mouth to check they are breathing.
- Visual check: do they look different to usual? Check the colour of their lips and if you gently press their fingernail does blood rush back? For children with dark skin does their palm look yellow?
- Temperature check: ensure the child is not too hot or too cold. This must be done by putting your hand on the skin on their chest or at the back of their neck.
- Check that sheets or blankets are not used around the child or near their face.

Young children

- Young children sleep on a suitable flat, firm surface.
- Nappies are changed and heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the room is made as quiet as possible, perhaps with some soft music playing and curtains drawn.
- Young children are settled by their key person. They are soothed to sleep. Key persons may stroke or very gently pat children.
- Sleeping children are always supervised within sight and hearing of staff.

Further guidance

Safer sleep – help for early years providers

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

Ofsted staff deployment guidance

Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings (The Lullaby Trust)