



# Willow Tree Federation

## Appletree Nursery School and Appletree Little Pips Sleeping Policy



### Mission Statement

The children are at the heart of everything we do at Willow Tree Federation. We take a holistic approach to child development and we are privileged to support our children, families and the wider community to change and enhance lives. We celebrate the wide diversity of the backgrounds, beliefs, talents and interests of our children and we recognise learning happens in communities and empowers them. As a federation at the heart of its community, we understand and respect the positive impact we can have. We plant the seed that grows the future!

Date written	June 2024
Written by:	Lucy Naylor- headteacher
Date Formally Approved by Governors	July 2024
Date Policy became effective	September 2024
Review Date	Yearly review

At Appletree we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

### **The safety of babies' and young children sleeping is paramount.**

Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death.

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf>

This is in line with the latest government safety guidance: <https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>. We also follow the NHS advice on safety of sleeping children. <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

The preferences and wishes of parents are always valued and respected and staff work closely with them on a daily basis to ensure each child's individual needs are carefully met. The safety of the

child always remains our paramount concern. We are not able to insist that a child sleeps or remains in a cot/ bed if this is not their wish and/ or they become distressed.

We provide a safe sleeping environment by:

- Monitoring the room temperature – this should be between 16-20 degrees
- Using clean, light bedding/blankets and ensuring babies/children are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding
- Transferring any baby/child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

### Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins. Further information can be found at:

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### Two Year Old Provision<sup>[SEP]</sup>

We recognise that young children get very tired during the day and may need opportunities to rest and sleep within nursery. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children




