



# Deerness Valley Nursery

## Sleep

Good quality sleep is vital for a young child's development and learning and therefore at **Deerness Valley Nursery** we aim to foster an environment where children have opportunities for naps that support this in ways that are safe, comfortable, developmentally appropriate and matched to the individual routines and needs and a child and family.

The majority of our children nap outdoors in buggies. In order to keep these children safe we:

- **Always** strap all children into the buggy using all 5 points of the harness and adjust these to fit correctly.
- Usually place children in the flat position to sleep for sleep or shortly after falling asleep.
- Dress children appropriately for the weather considering the impact of cosy toes/rain covers on heat.
- During summer all children will be positioned in the shade.
- Maintain good airflow – hoods only fully extended while children are being walked and adjusted once in the shade. Hoods should **never** be fully extended if a raincover is used. **Never** put anything other than the hood over the pram.
- Ideally children should not sleep in a hooded jumper, where this is needed the hood must be folded flat under their back.
- Children may use a comforter, teddy or dummy to sleep. Once a child is asleep consider whether this could impede their airflow and remove if needed.

When sleeping in a cot we follow the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, a child who is able to roll onto their tummy themselves can be left this way.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- We monitor the room temperature
- We use clean, light bedding/blankets and ensuring babies 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.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

Wherever a child sleeps they will **Always** remain in sight or hearing of staff and will be checked regularly if they cannot be directly seen. Children may at times be positioned outside in a way to allow direct visual supervision inside through a window and hearing through an open window.



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During induction sessions we will discuss with parents their child's current sleep routines and how they best go to sleep. We will work together with parents to ensure children's needs are met while at the same time reassuring parents that sometimes children's sleep patterns can be different in a different environment. Working together will be especially important as children's needs change for example when dropping a nap or due to circumstances such waking early. While most children will nap at a time that fits with the routine at nursery, we recognise that it is more important that a child has good rest than a routine is followed, for example if a child is too tired to happily eat lunch we will nap them during lunch and ensure they eat afterwards. Children are usually left to wake naturally from a nap but we will wake children on the request of parents to support good night sleep.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

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