

Sleeping Children Policy/ risk assessment
<i>"Provision should be made for children who wish to relax, play quietly or sleep equipped with appropriate furniture"</i>

Child's Play will endeavour to work with the parent's/carer's wishes and to be responsive to the needs of the child. However, if a child is falling asleep they should be allowed to lie down and rest. If this is contrary to the parent's/carer's routine, this will be discussed with them.

- Each baby must have his/her own bedding/sleeping bag which will be washed daily
- Children under 2yrs will not be given pillows or any soft furnishings in order to prevent the risk of suffocation.
- We follow all cot death guidelines and advise parents of this information
- Sheets or blankets will come no higher than the baby's shoulders, to prevent them wriggling under the covers.
- Bibs will be removed before the child is placed to sleep. If the child's hair is tied back, bobbles, slides etc will be removed from the cot if they fall out.
- Babies sleeping outside will have a member of staff stay with them and checked as any sleeping baby, every 10 mins, and a sleep chart will be completed
- Checks on sleeping babies will be completed every 10 mins. These are to be documented with the time and staff initials on the sleep check form.
- Young babies are encouraged to sleep outside in flat bed pushchairs to protect them from so called 'germ clouds' of the indoor environment.
- Sleeping children are protected from children who are awake. Waking children are cared for in the creative/dining room in baby room.
- Children's sleep is always personalised. They are encouraged to bring personal soft toys/comforters.
- The soft play/rest area is available for children to access at all times.
- Soft classical music is played during quiet/rest/sleep time