

## Ensuring the Safety of Sleeping Children

At Incey Winceys Day Nursery and Preschool we adhere to the following policy and procedures to check on children while they are sleeping at our setting:

In the Baby Room:

- We have monitors in each of the baby cot rooms which are turned on, the correct channel is selected and the volume is high enough to allow staff to hear the monitor at all times.
- When the baby room staff and children go to the garden, at least one member of staff stays in the baby room to listen for the monitor(s) and check on sleeping babies.
- Children in the cot rooms are checked on every 10 minutes, and the member of staff ticks the form with the time and their initial.
- A member of staff is within ear shot or eye sight of the sleeping children in the room.
- As a sleeping child wakes up, they are accompanied into the available playing rooms.
- Children sleep at alternate ends of the bed to avoid the unnecessary spread of germs.
- The temperature of sleep rooms is monitored to ensure the safety of sleeping children. In the event of the temperature being outside the acceptable levels (between 16°C and 20°C) the cot room is not used until this has been rectified.
- Sheets and blankets are washed regularly with a clear rota, and children's sheets or blankets are never shared.
- Children in the cot room are put to bed on their back in line with SIDS (Sudden Infant Death Syndrome) advice. There is also a strict no smoking policy in place.

In the Ants Room:

- Children sleep on fold out mats in the "quiet room".
- The sleeping children are always within ear shot or eye sight of an adult.
- The temperature of the rooms is regulated using a thermostat to ensure the safety of sleeping children.

# InceyWinceys Day Nursery

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- Sheets and blankets are washed regularly with a clear rota, and children's sheets or blankets are never shared.
- Children sleep at alternative ends of the bed to avoid the unnecessary spread of germs.
- A staff member will sit between each child and help pat them off to sleep.
- The children's sleep times are monitored from when they fall asleep until when they wake up.
- Children that do not sleep will play quietly in the playroom supervised by an adult.
- Children that have an allocated sleep time will be woken gently by an adult at the correct time. Parents understand that at Incey Winceys our focus is on meeting the needs of the child and if more sleep is needed staff may use their discretion.
- When the children wake up they will go to play in the playroom which will also be supervised by an adult.

## In the Preschool:

- Children over the age of 3 if needed/unwell are given the option to have a sleep, but generally the preschool children don't tend to sleep.
- Children sleep on a fold out mat in a quiet area.
- The children are supervised by an adult until asleep and then checked every 10-15 mins.
- The children's sleep times are noted down by the appropriate adult.
- Children with sleep times are noted down and are woken at the correct times gently by an adult.
- The temperature of the room is monitored to ensure the safety of sleeping children. In the event of the temperature being outside the acceptable levels, that room is not used until this has been rectified.
- Sheets and blankets are washed regularly with a clear rota, and children's sheets or blankets are never shared.