

# InceyWinceys Day Nursery

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## Ensuring the Safety of Sleeping Children

*'Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance'*

*Statutory Requirement in the EYFS 2025 (3.84)*

At Incey Winceys Day Nursery and Preschool we ensure that all children have enough sleep to aid in their development and growth, in a safe, calming environment. We adhere to the following policy and procedures to check on children while they are sleeping at our setting:

In the Baby Room cot rooms:

- We gently stroke or pat the baby until they fall asleep.
- We have visual monitors in each of the baby cot rooms and when in use the monitor is displayed on an iPad which is visible and there is a sensor that monitors movement and alerts staff accordingly.
- When the baby room staff and children go to the garden, the iPad is taken with them and monitored.
- Children are checked on every 10 minutes, and the member of staff ticks the form with the time and their initial. Staff may use their discretion whether to physically enter the cot room or to continuously monitor via the iPad based on their knowledge of the child's sleeping habits.
- 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 throughout the building.
- 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, and children's sheets or blankets are never shared.

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In the Baby Room sleep room:

- A staff member will sit between each child and help pat them off to sleep. Soothing music will be played if needed. Dummies may be used if required.
- A member of staff stays in the room with the sleeping babies to provide constant supervision.
- A member of staff is always within earshot or eyesight 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.
- Sheets and blankets are washed regularly, and children's sheets or blankets are never shared.

In the Ants Room:

- Children sleep on fold-out mats in the "quiet room".
- A member of staff stays in the room with the sleeping children to provide constant supervision.
- The sleeping children are always within earshot or eyesight of an adult.
- The temperature of the rooms is regulated using a thermostat to ensure the safety of sleeping children.
- Sheets and blankets are washed regularly, 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. Soothing music will be played if needed.
- The children's sleep times are monitored from when they fall asleep until they wake up.
- Children that do not sleep will play in the adjoining playroom or garden supervised by an adult.

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- 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/are unwell are given the option to sleep, but generally 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 minutes.
- 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.