



Nursery Sleep and Rest Policy (Ages 0–2 Years)

At Childhaven, we recognise the importance of sleep, rest, and quiet time as an essential part of each baby and young child's development and wellbeing. In line with the Curiosity Approach, we ensure that sleep times are calm, respectful, and mindful, supporting each child's individual needs, home routines, and natural rhythms.

Aims:

- *To create a safe, calm, and nurturing sleep environment.*
- *To support children's natural sleep patterns and needs, rather than imposing rigid routines.*
- *To encourage mindful sleep practices that respect each unique child.*
- *To work in close partnership with parents to ensure continuity between nursery and home sleep routines.*

We ensure that:

Mindful Sleeping Principles (Inspired by the Curiosity Approach):

- *Respectful Transitions: Children are gently prepared for sleep with calming, unhurried routines such as soothing music, soft lighting, gentle voices, and warm interactions.*
- *Child-led Sleep Needs: We observe and respond to children's individual tiredness cues (e.g. rubbing eyes, yawning, becoming quieter), rather than enforcing fixed sleep times.*
- *Peaceful Sleep Spaces: Our sleep area is uncluttered, cosy, and calming, with natural tones and materials to create a sense of security and comfort.*
- *Freedom to Choose: For older babies and toddlers, sleep choices are respected — e.g. lying down with a comforter, gentle rocking, or choosing a quiet book before resting.*
- *Consistent and Familiar: Children may bring familiar sleep items from home (comforters, blankets) to feel safe and secure.*

Sleep Safety (Safer Sleep Guidance):

The safety of babies is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimize the risk of Sudden Infant Death (SIDS). We make sure that:

- *Babies/ toddlers are never put down to sleep with a bottle to self-feed.*
- *Babies/toddlers are monitored visually when sleeping at 10-minute intervals. Staff record these checks, and babies/toddlers are never left in a separate room without staff supervision.*
- *When monitoring, the staff member looks for the rise and fall of the chest and checks to see if the sleep pattern has changed.*
- *As good practice we monitor a new baby/ child sleeping in the first few weeks, every five minutes, until we are familiar with the child and their sleeping routines to offer reassurance to them and their families*
- *Dummies (if used) are placed by the child's mouth when settling but not reinserted if they fall out.*
- *We will use clean, light bedding and ensure babies are appropriately dressed for sleep to avoid overheating. If child is clammy remove item(s) of clothing*
- *Only using safety-approved sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations and ensuring mattress covers are used in conjunction with a clean fitted sheet.*
- *Ensuring every baby/toddler is provided with clean bedding.*
- *Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.*
- *Beds/cots are not placed near radiators*
- *Waterproof mattresses will be provided and cleaned with anti-bacterial spray daily.*

*****Updated statutory safer sleep requirements 01/04/26**

Babies and children must be placed down to sleep safely. For children under 2 years old, providers must ensure that:

- *Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 1 year and under must only be placed to sleep in a cot.*
- *Sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used. Check the manufacturer recommendations before using a baby sleep bag.*
- *Where blankets are used, the child is placed feet-to-foot at the bottom of the cot, with blankets tucked in.*
- *Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.*
- *Children should not get too hot or cold. The recommended room temperature for babies is 16 – 20°C.*
- *Children's heads are not covered.*
- *Children under six months of age must always have an adult with them in the same room for every sleep. All children must be frequently checked when sleeping.*
- *Children are always within sight and hearing of staff when sleeping*

- Updates were made to guidance on: *****Updated statutory safer sleep requirements 20/04/26**

- Sleep monitoring - monitors can be used for over 6m. You must be able to see and hear the baby / child and visually check them regularly, including feeling their neck to check their temperature.
- Babies who turn over - this is ok when they can turn back again but they must be put down on their back.
- Comforters - can be used for children age 12m upwards.
- Suitable mattresses - BSEN standards codes were added to the guidance.
- Transitions when returning to the setting from an outing in the car - all babies and children must be transferred from the car seat to their sleep space, even if it wakes them up.
- Transitions when returning to the setting if they are asleep in a buggy - under 12m must be transferred to their sleep space: over 12m should where possible be transferred.
- A lie flat pram or buggy should not be their main separate sleep space.

Working with Parents/Carers:

- *We gather detailed sleep information from parents/carers during the settling-in period, including sleep routines, comfort items, and any special requirements.*
- *Staff update parents daily on their child's rest times and mood upon waking.*

- Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, wake up, or stay awake against his or her will.
- We are flexible in adapting to any changes in the child's home sleep pattern.
- If parents wish practitioners to reduce or stop their child's sleep, they must discuss this first with their child's Key Person.

Staff Role and Responsibilities:

- Be calm, mindful, and present during sleep routines.
- Model gentle, unhurried behavior to help children feel safe and relaxed.
- Observe each child's individual sleep needs and respect their personal preferences.
- Record sleep times, checks, and observations on daily care sheets or electronic systems.

Sleeping Twins:

- We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep.

Review:

This policy will be reviewed annually, or sooner if guidance or best practice changes.

Policy put in place: July 2025

Next review date: July 2026

******Updated requirements added 01/04/26 & 20/04/26 implemented by Marianne Perry
Phase lead 0-2 years**

