



## **COT ROOM & SLEEPING POLICY**

Practitioners at Playtime Day Nursery Chessington should ensure that sleep time is calm and relaxing time of day for all children, ensuring the blinds are down and relaxing music put on.

Practitioners need to ensure that all parents/carers wishes for the amount of time their child sleeps/comforters are met.

All comforters needed for sleep time and the amount of time the parent/carer wishes for their child to sleep if different to be displayed so all practitioners are aware if key person is off for any reason and that all sleep times are recorded on the Family App.

**\*Before going to bed practitioner are to check all babies and young children mouths to make sure they have nothing in their mouths that can be a choking risk. \* Shoes should be taken off by undoing the shoelaces, Velcro. Staff should never ever pull off the children's shoe as this could dislocate or even brake a child's ankle.**

- Practitioners are to ensure cots are not damaged, are clean and well maintained before children are too placed in them.
- Children should be washed and be wearing appropriate clothing for sleep time.
- Children should not go to bed wearing bibs, shoes, and jumpers.
- Children should have an assigned cot with their name on and personal sheets and blankets.
- Older Babies and Toddlers that sleep-on-sleep mats; are to make sure **all beds are cleaned after every use (sprayed with D10 & Wiped off with bull roll)**
- If a different child needs to use a cot, then the sheets and blankets should be changed and labelled.
- All bedding is washed on the child's last day of the week
- Parent's wishes are to be followed on how long they wish their child to sleep for and the comforters they have
- Sleep and wake times need to be recorded on the Family App
- The room should be relaxing for children to sleep in by having the blinds shut and the room dark to reflect sleep time. Calming music/white noise should be played into the room to soothe the children to sleep.  
(This should be played at an appropriate level).
- When being woken children should be stirred gently by saying their name quietly and patting or rocking them, once woken they should



be cuddled and comforted until they have woken up and are ready to move on.

- Children should be fully awake and settled before they are sent out in the garden if it is garden time or to or to do activities.
- **Children sleeping should be checked on every 10-minutes.**

### **Baby safety in the cot room**

**\*As of August 2022, the below information is from the lullaby trust**

- When placing a child in a cot they should be placed at the bottom of the cot with their feet at the foot of the cot.
- Babies should be placed on their back to sleep and not on their front or side.
- **Always put them feet first at the bottom of the cot** so they can't wriggle down and get caught under the blankets.
- Sleeping your babies on their back (known as the supine position) for every sleep day and night is one of the most protective actions you can take to ensure your baby is sleeping as safely as possible.
- There is substantial evidence from around the world to show **that** sleeping your baby on their back at the beginning of every sleep or nap (day and night) significantly reduces the risk of sudden infant death syndrome (SIDS).
- It is important to make sure that babies are a comfortable temperature – not too hot or too cold. The chance of SIDS is higher in babies who get too hot.
- A room temperature of 16-20°C – with light bedding or a lightweight, well-fitting baby sleep bag– is comfortable and safe for sleeping babies.
- Every baby is different and our advice on room temperature is intended as a guide. So, while it's important to be informed about overheating, staff need to check regularly to see if they are too hot.
- Feel the baby's chest or the back of their neck (babies' hands and feet will usually be cooler, which is normal). If the babies' skin is hot or sweaty, remove one or more layers of bedclothes or bedding.
- . Babies who are unwell need fewer, not more bedclothes.
- Babies do not need to wear hats indoors, nor **sleep under a duvet or quilt**
- Be sure to **remove any soft toys from the cot** before each sleep period.
- If a baby or young child has a blanket, it should be firmly tucked in no higher than the shoulders, so they cannot wriggle underneath.



- Some babies who were born very prematurely and spent some time in a neonatal unit may have been slept on their fronts for medical reasons.
- Remember that babies in neonatal units are under constant supervision. By the time the baby comes home they should be sleeping on their back.
- Babies may find it hard to adjust from a sleeping position they have been used to, so parents and practitioners should persevere, and parents are to speak to the paediatrician concerned. Front-sleeping should only be continued for on-going medical reasons on the advice of the baby paediatrician.