

Rest and Sleep Policy

At Little Learners we are aware that all children need time to rest and sleep our aim is to ensure that every child is comfortable and able to have opportunities to rest or sleep.

To ensure every child is comfortable we:

- Provide an area for your child to have quiet time or a sleep
- We have cots and sleep mats for your children to rest and sleep in/on, we ensure that the resources we provide is suitable for your child's age.
- When a child has a nap and uses a blanket or sheet it is washed ready for the next day, to prevent cross infection.
- Cots must be kept clear, no cot bumpers or toys.
- All non-rolling babies must be placed on their backs, if the child can roll themselves over and back again they will find themselves a comfortable sleeping position.
- If your child needs to be comforted to sleep we will stay with them.
- Parents provide their own comforters i.e. dummy, cuddly, blankets etc...
- We will follow your child's routine which can be discussed during the settling-in stage, we will do our very best to follow the parents wishes, but should a child fall to sleep past their routine time, it is what the child needs and we can not force a child to stay awake.
- During rest/sleep times we play relaxing/calm music into the area for your child to listen to
- All employees must follow rest and sleep procedures in the rest/sleep area
- All employees to follow the needs of each individual child at all times
- All employees must record sleep times on Nursery in a Box.
- The children who sleep must be checked every 15 minutes.
- Babies under 2 years should not use quilts or thick blankets but use thin blankets half the size of the baby
- No bibs, or dummy clips to be worn to bed.
- Ensure the room is not too hot or too cold.
- A guideline from The lullaby trust:

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Whatever space you choose,
follow these guidelines:

- A firm, flat mattress with no raised or cushioned areas
 - No pillows, duvets, bumpers or weighted bedding
 - No pods, nests or sleep positioners
 - Make sure your baby's head is kept uncovered so they don't get too hot. Try to keep the room temperature between 16 and 20 degrees so your baby does not get too hot or cold and make sure bedding is appropriate for the time of year
 - Place baby at the bottom of the cot so that they cannot wriggle under covers – this is called 'feet to foot'
 - Ensure that the sleep space, is kept clear of all items and there is nothing within reach of the space e.g., blind cords, soft toys or nappy sacks
 - Babies should always be in the same room as you for the first six months for sleep, day and night. This doesn't mean you can't leave the room to make a cup of tea or go to the toilet, but for most of the time when they are sleeping they are safest if you are close by
 - Babies should not be allowed to sleep in bouncy chairs and babies should not be left sleeping in the car seat when not travelling in the car. Car seats are not to be used as sleep spaces in the house
 - **Reason:** soft or raised surfaces, pillows or quilts can increase the chance of SIDS by making it difficult for babies to breathe or cool down. The chance of SIDS is lower when babies sleep in a room with an adult than when they sleep alone.
 - **Remember:** if using a sleeping bag, no extra bedding is needed.
- For more information for safe sleeping:
 - [Professionals - The Lullaby Trust](#)
 - [The Lullaby Trust - Safer sleep for babies, Support for families](#)
 - Information & advice: 0808 802 6869 The lullaby trust

This rest and sleep policy was reviewed January 2025 Vicky George Manager *V. George*

Proofed by Elaine Burnett Managing Director.

Next review: January 2026