**RESTING AND SLEEPING CHILDREN**

We believe it`s extremely important for all children to have enough rest and sleep. We follow advice given by the cot death society, to minimise the risk of sudden infant death.

We ensure:

* Children heads are always uncovered and we tuck the blankets up no higher than their shoulders.
* Children are never placed to sleep in front of radiators.
* Room temperatures are monitored, sleep rooms should be 16-20°C.
* Bedding is suitable for the weather. Parents/carers provide bedding for their own children, where it is deemed to be inappropriate practitioners will always raise this with the parent/carer at the earliest opportunity.
* We remove any excess clothing before children go to sleep, e.g. jumpers.
* Pillows are never used.
* Children will always be put to sleep on a suitable piece of equipment, these could include travel cots, oracle beds or sleep mats. Bean bags, the sofa and on cushions are never deemed a suitable place for children to sleep.
* When a child falls asleep unplanned, e.g. at lunch time or during play, they will be moved to a place that it suitable without delay.
* We record times that children sleep and pass this information on to parents/carers when children are collected.
* We monitor children who are sleeping by placing a hand on the child’s chest to check they are breathing, or by putting a hand near the child’s mouth to feel for breath. Children will be checked to ensure they are not too hot or cold and that blankets and sheets are still below their shoulders. This check is recorded onto a sleep check chart, with the initials of the person who competed it.
* In the under 2’s room there are angel mats in both cots to monitor the children’s movements. These also transmit sounds to a receiver, which is kept near to the under 2’s practitioner.

Policy revised December 2018 Lisa Gray