**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 Lullaby Trust and the NHS, to minimise the risk of sudden infant death.

We ensure:

* Children heads are always uncovered and we tuck blankets up no higher than their armpits.
* 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.
* 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, cot 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 is suitable without delay.
* We record times that children sleep and have this information available to parents/carers when children are collected.
* We monitor children who are sleeping by sound at all times. Every ten minutes, practitioners will do an additional sight check- 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 remain below their armpits. This check is recorded onto a daily record.
* In the babies room, there are movement sensors in the cots, which transmit sounds to a receiver kept close to a practitioner.
* Children under six months must always sleep in the same room as an adult, they are never to be left in the sleep room alone.

Policy revised December 2021 Lisa Gray