

# Brenchley Pre-School Limited

## Safe Sleep Policy 2023



**This is a core policy that forms part of the induction for all staff. It is a requirement that all members of staff have access to this policy and sign to say they have read and understood its contents.**

Date written: September 2023

Date of last update: September 2023

Date agreed and ratified by the Trustees: September 2023

Date of next full review: September 2024

**This policy will be reviewed at least annually and/or following any updates to national and local guidance and procedures**

This Policy was reviewed at a Committee Meeting, held on

1<sup>st</sup> September 2023

Mrs Victoria Relle – Chairman of Brenchley Pre-School Limited

## **Safe sleep policy**

‘Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance’ Statutory Requirements EYFS 2021 (3.60)

At Brenchley Preschool we recognise that some children within our care still require a sleep throughout the day. Sleep is a crucial element for children's development and we follow the individual needs of the children in our care, therefore if a child says they are tired we would allow the child to sleep whenever they wish. We aim to follow the sleep routines that children have at home and respect parents wishes regarding their children sleeping as much as we possibly can, however we will never prevent a child from sleeping if usual distractions have not worked.

In Teddies class the sleep area would be the nook/carpet area and in Rainbows class the sleep area is the Book corner, with sleep mats provided.

The preschool has a sleep chart to track and document the sleeping children. The child's initials are added to the chart, along with the time they fell asleep. There is no separate room for sleeping, so all staff and children are still in the room as well. The sleeping children are then monitored throughout their sleep, with a staff member watching the sleep area, checking the children every 10minutes. The staff member notes the time and initials next to the time on the sleep chart, continuing until the child wakes. The time the child wakes is then added to the chart, again initialed by the staff member there.

All staff are aware of how many children are sleeping at one time. If the designated staff member who has responsibility that day for checking on the children, is unable to do the regular 10 minute checks, they must pass the chart over to another staff member with a verbal and written guideline as to when the next check should take place.

The sleep chart must be filled out for any and every sleeping child, regardless of when they fall asleep throughout the preschool day.

The checks occurring at 10 minute intervals must include visual checks, lasting for around 30 seconds per child, ensuring the child has a regular breathing

pattern, nothing is obstructing their breathing and that they are comfortable. The children's chests must be watched to ensure they rise and fall, as well as listening to them breathing. A hand may be placed on their chest or placing a hand near their mouth to feel for breath.

The rooms are well ventilated, with the temperature being between 16-22 degrees, which are the recommended guidelines, however in Summer months, the temperature may be higher depending on the weather conditions and use of fans. Children's clothing will be monitored throughout the seasons to ensure they are appropriately dressed during their sleep, whether that is to help keep them warm or to ensure they are cool enough. Any concerns regarding the temperature will be discussed with the Health and Safety Office (Helen Excell) and the DSL (Zena Ames) where appropriate.

The preschool uses a blackout blind which fixes to the window and sleep mats which are provided by the preschool, which are cleaned after each use and are also checked regularly for any sign of damage. The area the children sleep in will be checked prior to each sleep time to ensure the area is safe, including but not limited to – being free from risks such as strangulation, entanglement and objects which pose a choking hazard. The children will each have a sleep bag containing a sheet and/or blanket if appropriate, provided by the preschool, which will be regularly washed.

The children's sleep routines will be discussed with parents/carers and will be followed wherever possible. The children generally have a story read to them by a staff member, whilst the children lay down. Any sleep aids such as dummies, blankets and comforters for example, will all be discussed with the staff members and provided by the parents. These will then go home each session.

A staff member will sit with the children, rocking, patting their tummy or back, or stroking their face as discussed with the parents/carers.

Typically most of the children that sleep tend to sleep after lunch, typically between the hours of 1pm and 2:30pm, however some children may sleep at times outside of these hours as it depends on the individual needs of the children.

If children just wish to rest then the areas discussed (Nook in Teddies class and book corner in Rainbows) will be the areas children can go to.

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Staff Member	Signature	Date
Sian		
Helen		
Zena		
Kirsty		
Trina		
Elaine		
Claire		
Lucy		
Eryn		
Sarah		