



## **QUEENS PARK MONTESSORI DAY NURSERY**

**155 Richmond Park Road  
Bournemouth  
Dorset  
BH8 8UA**

**Telephone: (01202) 523293**

**Proprietor: Mrs Alison Toms**

**Ofsted Reg: EY242933**

### **A Unique Child**

**1.3 Health and Well-being**

**BE HEALTHY**

### **Positive relationships**

**2.2 Parents as partners**

**MAKE A POSITIVE  
CONTRIBUTION**

**EYFS: 1.1-1.6**

## **SLEEP AND REST POLICY**

At Queens Park Montessori Day Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, and if a baby has rolled onto their tummy, you should turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Checks are recorded every 10 minutes
- We monitor a new baby sleeping during the first few weeks of nursery every five minutes until we are familiar with the child and their sleeping routines

We provide a safe sleeping environment by:

- Having a dedicated sleep room – a tranquil space within which the children can have a rest or sleep dependent on their own unique needs
- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating

- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Only letting babies sleep in prams if they lie flat and we have parents' permission
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or [in a sling](#), we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In this case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, it is our belief that children who are in full day care require either a rest or a sleep during the day, the length of which will depend on the individual child. Staff will not force a child to sleep nor keep them awake against his or her will. They will also not usually wake children from their sleep. Older children will have a rest after lunch.

If a child is attending nursery for a full day and the parent does not wish their child to go into the sleep room for a rest, we will provide an alternative quiet space where the child can sit in an area of cushions, looking at books, or other quiet pursuits. The parent will need to state this request at the time of induction or speak to their child's key worker.

[Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep for example dimming the lights, using soft music, where applicable whilst ensuring that we continue to meet the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with others rooms/children.](#)

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

### **Sleeping twins**

We follow the advice from The Lullaby Trust regarding sleeping twins.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

**This policy was adopted on:** .....

**Signed on behalf of the nursery:** .....

**Date for review:** .....

