



Sleeping Babies & Children Policy

Grove Villa aims to ensure a safe and healthy environment for all children and remove or reduce the risk of choking, strangulation and cot death. To support this, we ensure we are familiar with current best practice and review our policies and procedures at least annually. We ensure staff are aware of the risk of cot death and how to reduce the risk. We share this information with families. All staff are trained in emergency first aid.

Sleep Routines

When babies and children start with us, we will ask for information from the parents regarding sleep routines. This may be updated throughout the year, and at least once every six months on Care Plans. This will reflect the growing child's changing needs. We recognise that babies and young children need to rest and sleep throughout the day, and we will try to accommodate each child's individual needs. We also recognise the parents need for rest and sleep, and we will always work with parents to accommodate needs.

For information and support with children's sleeping habits we trust NHS Cambridgeshire and Peterborough Healthier together web page [Healthy Sleep | Safety and Prevention - Child 1 to 5 years | Healthier Together](#)

- Babies and children will be able to sleep and rest during the day
- Babies and children's daily routines will be collected at registration and once every six months
- Staff will be responsive to individual's needs, and how these needs change
- Staff will consult with parents regarding how long to try for sleep before stopping and trying again later
- Staff will consult with parents on how best to put their child for a sleep, i.e., stroking head, stroking tummy etc

Preparing for Sleep

It is important that each child is comfortable to ensure a restful sleep. Staff will ensure each child:

Has a clean face and hands
Has a dry, clean nappy
Loose clothing including bibs has been removed
Shoes have been removed
Has their comforter if used, until the child falls asleep and then things such as toys, pillows, loose bedding and muslins will be removed. This list is not exhaustive.
Has been offered a drink of water.

Position Sleeping Children

Sleep mats will be placed away from windows and radiators to ensure babies and children do not overheat during sleep.

Sleep mats must have at least one inch between them.

Babies and children will be positioned head to toe – to reduce the risk of spread of infection

This policy was adopted on	Signed on behalf of the nursery	Date for the next policy review
01/01/26	L Wolstenholme	01/01/27

Clothing and Bed Covers

Babies and children will not have their heads covered by hats, sleeping bags or swaddling

- ⇒ Babies and children will have bibs and any loose clothing removed for sleeping. This includes trouser braces
- ⇒ Shoes will be removed for sleeping. This is for comfort and body temperature regulation
- ⇒ Individual sheets and blankets will be used and stored in the child's own sleeping bags
- ⇒ Sheets and blankets to be laundered once per week, or sooner if soiled / dirty
- ⇒ Wipe clean sleep mats and cot mattresses will be used. Cleaned and dried before and after each use

Monitoring and Recording

While children and babies are sleeping, a staff member will remain with them. The staff member will check each child every 10-15 minutes depending on their age by:

- placing hand on chest to feel for chest rising
- visually checking breathing
- observing colour of skin
- looking to ensure child is comfortable but not in a position that may be dangerous, ie. a baby sleeping face down
- checking the temperature of the room. If the temperature is out with 16 – 20 C, the staff member will consult with the manager

In the Baby Room, on occasion the staff may have to go for lunch at the same time. On these occasions the staff will inform the Manager who will then act as the Sleep Monitor. He/she will supervise the sleeping children following this policy.

Emergency

Should a staff member be concerned about a child, they will immediately call for help from a Grove Villa mobile to ask a member of staff/manager for help. Staff will follow the First Aid Policy. Nursery will call 999 for an ambulance if a baby or child:

- stops breathing or turns blue
- is struggling for breath
- is unconscious or seems unaware of what's going on won't wake up
- has a fit for the first time, even if they seem to recover



Sleeping Babies & Children Policy

This Sleeping Babies & Children Policy is effective from: 01/01/26 until further notice

I have read and been informed about the content, requirements, and expectations of the **Sleeping Babies & Children Policy** for employees at Grove Villa Childcare.

I have received a copy of the policy and agree to abide by the policy guidelines as a condition of my employment and my continuing employment at Grove Villa Childcare.

I understand that if I have questions, at any time, regarding the **Sleeping Babies & Children Policy**, I will consult with my immediate manager / supervisor.

Please read the **Sleeping Babies & Children Policy** carefully to ensure that you understand the policy before signing this document.

Full Name	Signature	Date

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