The Castle Partnership Trust
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Safe Sleeping Policy

Date: May 2022

CEO: Sarah Watson
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Head of School at Wellesley Park: Emmie Hartley-Criddle

Due for review: Summer Term 2024

At our nurseries/pre-schools, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We make sure that:

➢ Children are never put down to sleep with a bottle to self-feed

➢ Child sleep on a sleep mat provided by the nursery/pre-school and a blanket. These are wiped down/washed after each use.

➢ Children are monitored visually when sleeping. Checks are recorded every 10 minutes

➢ When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed

➢ As good practice we monitor a new child sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.

We provide a safe sleeping environment by:

➢ Monitoring the room temperature

➢ Using clean, light bedding/blankets

➢ Only using safety-approved suitable sleeping equipment that are compliant with British Standard regulations

➢ Ensuring every child is provided with clean bedding

We ask parents to inform a member of staff 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.

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, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep. 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.