**Sleeping Policy**

**Aim**To ensure all babies and children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

* Cots, prams, blankets and sheets will be provided by our setting and each baby is provided with their own bedding bag with a sheet and blanket.
* Staff will remove dummies once baby/child has settled to prevent a choking hazard.
* Each child has their own blanket and bedding bag.
* Older children co-sleep on a large air bed, four children to one bed. Each child has their own blanket which is washed weekly and the sheet is washed daily.
* Staff will refer to the individual child’s needs with regard to comforters and parental advice.
* Any soiled bedding is placed into a red bag and stored separately ready for laundry that day.
* Sleep only one baby per pram.
* Routines are to be followed for each baby/child and parent’s guidance is to be followed.
* Babies/children will sleep in a well ventilated room and kept at room temperature.
* Blankets will not cover babies’ or children’s heads and prams are not to be covered by blankets.
* No loose bedding, pillows or bumper pads. Any comforters which could potentially cause choking or smothering must be removed from the sleeping area once the child has settled.
* Babies are to be placed on their back with their feet at the base of the pram.
* All babies/children will be checked at 10 minute intervals and staff will record this on the sleep monitoring chart.
* Babies must be fastened into the prams using the straps provided.
* In the event of an emergency, all staff have access to an internal phone which connects with any room in the setting if support is needed.
* In the event of a fire during sleeping times, both sleeping rooms have a fire exit which staff can use to exit the premises.