**Safe Sleep**

At Brookdale Day Nursery Ltd we aim to ensure that all the children have enough sleep to support their development and natural sleeping rhythms in a safe environment. We provide flat mats for the children to safely sleep on a flat surface and can provide a travel cot if required. If a child arrives at nursery asleep in a pram, we place the child within eye sight of staff, remove outdoor layers, and recline the pram, regular checks are made on the child. Clean head sheets are provided on the flat mat for individual children to sleep on. Extra, regularly washed, blankets are provided for comfort and warmth where appropriate.

Should a baby fall asleep while being nursed by a practitioner, they will be transferred to a safe sleeping surface to complete their rest. Babies and toddlers will never be put down to sleep with a bottle to self-feed. Babies and toddlers will be monitored visually when sleeping, checks are made regularly.

We recognise parents’ knowledge of their child in regards 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. As we recognise sleep as a fundamental need of a child, if a child falls asleep, we will not forcibly wake them beyond turning the lights on and making reasonable everyday noise.

Staff will record children’s sleeps in the communication diary in the quiet room, on the notice board in the transition area or on the notice board in the downstairs room. Staff will also 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.

We would also like to direct parents and carers to [The Lullaby Trust - Safer sleep for babies, Support for families](https://www.lullabytrust.org.uk/)

Statutory Framework for the Early Years Foundation Stage

The Safeguarding and Welfare Requirements\_3.58, 3.59, 3.67

Reviewed April: 2024

Review date due: April 2025