



# Sleep Policy



## Colwall CofE Primary School and Nursery

Our Christian Values as a key aspect in our Policies: **"Let your light shine"**



... in relationships, as we trust ourselves and others.



... in learning, as we encourage our curiosity.



... in the community, as we develop the courage to light the lives of others.



## Outline

At Colwall CofE Primary School & 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 childrens' sleeping is paramount. Our policy follows the advice provided by Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

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

We provide a safe sleeping environment by:

- Only using suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Ensuring every toddler is provided with clean bedding
- The door to the left side room will be left open, but the stair gate will be closed

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 (or record on Seesaw) 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)