



Sleeping Policy

Bijou Day Nursery & Crèche, Cowbridge

Policy owner: Nursery Manager / Rheolwr y Feithrinfa

Version: 2.0

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Approved by: Samantha Rennison, Responsible Individual / Unigolyn Cyfrifol

1. Policy Statement

Bijou Day Nursery & Crèche recognises the importance of sleep and rest for young children's health, growth, and well-being. We provide safe, comfortable sleeping arrangements and respect each child's individual sleep needs in partnership with parents. Safe sleeping practices are followed at all times to reduce the risk of Sudden Infant Death Syndrome (SIDS).

This policy complies with the Child Minding and Day Care (Wales) Regulations 2010 (as amended), the National Minimum Standards for Regulated Childcare (2016), and follows The Lullaby Trust's safer sleep guidelines. CIW expects all settings to demonstrate safe sleeping practices.

2. Safe Sleeping (Babies under 12 months)

- Babies are **always placed on their back to sleep** (supine position) unless a written medical directive states otherwise
- Cots are of an approved standard, firm, flat, and free from pillows, duvets, bumpers, soft toys, or loose bedding
- Lightweight, cellular blankets are used — no more than one, tucked in below the baby's shoulders
- Room temperature is maintained between 16–20°C; babies are not over-dressed for sleep
- Babies are **never** left to sleep in car seats, bouncers, or prams for prolonged periods
- Co-sleeping (with other children) is not permitted
- A sleeping baby is visually checked **at least every 10 minutes** — checks are recorded

3. Sleep Arrangements for Older Children

- Children over 12 months who need a nap use individual sleep mats or cot beds with clean, individual bedding
- Bedding is laundered at least weekly and immediately if soiled
- The sleep area is quiet, dimly lit, well-ventilated, and within sight and sound of staff
- Children are never forced to sleep — those who don't want to nap are offered quiet activities instead

4. Individual Sleep Needs

- Sleep routines are discussed with parents during settling-in and reviewed as the child develops
- We respect parents' wishes regarding nap times and duration, while also following the child's cues
- Comfort items (a particular blanket, soft toy) are permitted for sleep if parents request this
- Any changes to a child's sleep pattern are communicated to parents

5. Monitoring & Recording

- All sleep periods are recorded in the daily care record: start time, end time, and check times
- Staff are trained to recognise the signs of SIDS and to respond immediately to any concern
- If a baby is found in an unusual position or shows signs of distress during sleep, the baby is repositioned or woken and parents are informed

6. Staff Training

- All staff receive safe sleeping training during induction, covering The Lullaby Trust guidelines
- Annual refresher training is provided
- Paediatric first aid training includes response to breathing difficulties and SIDS

7. Related Policies

- Health & Safety Policy
- Safeguarding & Child Protection Policy
- Accident & Incident Policy