



Wildlings Safe Sleep Policy

Policy statement

At Wildlings we understand the importance of sleep in the early years of a child's life and how it supports growth and development. We recognise that being active all day may mean that some children may require some rest/quiet time or even a nap during the day. Where children show signs of becoming tired, we will encourage them to spend some *down time* in a quiet space where they can relax and recharge their batteries. Some children may require a nap during the day and we will work in partnership with our families to support individual sleep routines. This provides continuity, routine and comfort when with us at Wildlings. We strive to maintain each child's sleep routines where possible, however we do acknowledge that a different environment can sometimes affect sleep routines.

Procedures for children sleeping:

- We ensure that a safe sleeping environment away from other children is provided in each of our settings, both indoors and outside. In our outdoor setting this area will be in a tent with sleep mats and age-appropriate sleeping bags.
- We will provide appropriate mattresses/mats and weather/age appropriate bedding will be used. These will be washed weekly or sooner if they become dirty.
- Staff will encourage children whose parents request that their child sleeps to take a nap. We will use the methods recommended by parents e.g. rocking, singing, listening to white noise etc. If, after a 10-minute rest, a child does not fall asleep then they will be given the option to remain resting or to get up to play.
- Staff will assist the child to remove outer layers/all waterproof clothing/outdoor shoes or boots to sleep
- Children will be positioned in the sleeping bags so that their feet touch the bottom of the sleeping bag and so that their faces are not covered.
- Comfort items from home can be provided for sleep and these will remain with them after waking until they are ready to put them away
- Children will be able to sleep for as long as they need unless stipulated by the parent.
- In the outdoor setting a staff member will be allocated to stay near the sleeping children at all times but in sight and sound of the group.
- Children will be checked regularly whilst they are asleep. These checks include:
 - Placing a hand on the child's chest to check they are breathing or the back of their hand near to the child's mouth to feel for breath
 - Ensuring that each child is well
 - Ensuring that each child is not too hot or too cold
 - Ensuring blankets are not wrapped around the child or obscuring their face

Where a parents asks for a child to sleep in a pushchair, we will ensure:

- Written agreement has been gained from the family
- The pushchair is fully reclined to line flat
- The child is securely fastened into the pushchair
- A brake is applied when the pushchair is not in motion
- Children are never left unattended in a pushchair
- All other procedures above are adhered to

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