



FUN, FRIENDS
AND FIRM
FOUNDATIONS

Sleep

At Plaxtol Nursery School, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

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 and babies are never left in a separate sleep room without staff supervision at all times
- 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:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Ensuring every toddler is provided with clean bedding
- Having a no smoking policy.