



## Policy statement

At Home from Home Childcarers, our Starfish (0-24 months), Seahorses (20 months - 3 years), Turtles (2.5 years – 3.5years) and Pre-school (3 - 4years) rooms have designated areas, within their rooms, that allow the children to sleep if required. Rooms darken the area to support their sleep and are regularly monitored by staff within the room.

## Procedure

- We will work alongside parents and establish what your baby/child's normal sleep routine is and try to replicate that when they are at our setting. We are happy for your child to have a sleep whenever they are tired, or when you tell us you would like them to sleep.
- We do not wake babies who are 12months and under, or if they were born prematurely, 12 months from their due date, as it inhibits babies autonomic and arousal responses, which are vital for safer sleeping. The [Lullaby Trust](#) emphasizes that a baby's [autonomic](#) and [arousal](#) responses are critical for their safety, particularly their ability to wake up if something is wrong, like an obstructed airway.
- We have 2 cots that are set up in the Starfish room, all children over the age of 1 will sleep on sleep mats in Starfish room. Children will be placed opposite each other in the head-to-toe position with adequate space in between. We will discuss with parents how their children position themselves best to go to sleep and advise positioning children on their backs, to prevent Sudden Infant Death Syndrome, initially but understand once they are able to turn themselves, they will be allowed to settle in whatever way they prefer. We also ask if they have any comforters to soothe them, staff will support the children to drift off to sleep as per individual parents/child's wishes. Staff will ensure that babies and children are kept warm but not overheated by regulating the room temperature and avoiding excess bedding
- All children have their own bedding, which is kept in a named basket and washed at the end of their week with us, or sooner if needed.
- We will always ensure that fresh bedding is used for all individual children.
- Our cots and mats are wiped down after use, and checked for safety, regularly.
- Children are checked every 10-15 minutes to make sure they are safe; the children sleep in the same room that the staff are in so are monitored continuously.

- The children in Seahorses and Turtles, wherever possible, are generally put down for an afternoon nap, after eating their lunch, and the staff in this room would put them on sleep mats in the room, and turn out the lights in that area, so they can have a quiet sleep.
- If your child's sleep pattern changes at home, please keep us updated.

If you have any concerns about your child's sleeping arrangements, please speak to your child's Room Leader, or Linda (Manager), so we can work together to get the issues addressed.

	<b><u>Date:</u></b>	<b><u>By Whom?</u></b>	<b><u>Comments</u></b>
<b>Created</b>	14 <sup>th</sup> November 2018	Linda Reynolds	
<b>Updated</b>	11 <sup>th</sup> November 2019	Zoe Shaw	Added information about Cubs sleeping area
<b>Reviewed</b>	4 <sup>th</sup> February 2020	Sarah Reid + SMT	
<b>Updated</b>	31 <sup>st</sup> March 2021	Zoe Shaw & Linda Reynolds	Changed information about sleeping areas
<b>Updated</b>	30 <sup>th</sup> March 2022	Rachel Simms	
<b>Reviewed</b>	11 <sup>th</sup> March 2023	Zoe Shaw	
<b>Reviewed</b>	1 <sup>st</sup> March 2024	Zoe Shaw	
<b>Updated</b>	19 <sup>th</sup> September 2025	Zoe Shaw	Changed room names
<b>Updated</b>	20 <sup>th</sup> November 2025	Sarah Reid	Added a bit on not waking babies under 12 months.
<b>Next Review</b>	2026		