**Sleep and Rest policy;**

Baby Bears Day Care adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

The safety of babies sleeping is paramount and we promote good practice and ensure that we work in partnership with the parents.

**Babies should sleep:**

* On their backs
* At the bottom of the cot
* In a well-ventilated room
* With NO duvets or bumpers to the sides of the cots
* With sheets or blankets that cannot become tangled
* Without any large soft toys that have the potential to smother a baby
* With a comforter if they normally have one
* With mobiles that are out of reach

**Procedure**

Staff should be aware of individual needs of the babies and children. Sleep routines are a very intimate part of a baby’s day. Babies should avoid being left to cry themselves to sleep or be left for long periods of time to “drop” off to sleep. Make sure the following when you put children to sleep -

* Their nappy is checked
* Any tight outer clothes should be loosened / removed
* Fed or had a drink (if required)
* All bibs removed
* A comforter if needed
* Not too warm

**Daytime Rest Policy and Procedure**

Staff should prepare the baby for bedtime by trying some of the following things (depending on the child):

* Moving to a quieter part of the nursery
* Having a story
* Having a cuddle
* Putting down in cot
* Patting / rocking baby

At Baby Bears we recognise that some babies may be more difficult to encourage to sleep or may sleep for shorter periods of time. This may be because of the unfamiliar arrangements, smells, and sounds. Also, there is so much going on that a baby doesn’t want to “miss out”. If the baby has not gone to sleep after 20 minutes the staff member should consider getting them up and maybe trying them later for another sleep.

The Key worker should discuss this with the parent/carer and establish a time limit for trying to get the baby to sleep which should be communicated to all staff members.

If a baby falls asleep in the arms of a staff member, the baby should be placed in the cot so they can continue to sleep.

Some parents may ask for their baby to go to sleep in a bouncy chair. When settling the baby into the nursery the key person should explain the difficulties of this to the parent/carer.

Once a baby can sit up or move forward, they are too big for the bouncy chair  
They may have difficulties transferring to a cot later on.

The cots should be cleaned and maintained regularly. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.