



E-safety Policy

At Rocket Pre-Preps we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Although we rarely have children sleeping at the Pre-preps we will always ensure that all staff understand how to keep children safe whilst sleeping and the areas or resources needed as the safety of children sleeping is paramount.

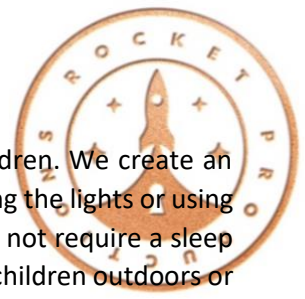
This policy follows the advice provided by The Lullaby Trust to minimise the risk of Sudden Infant Death syndrome (SIDS)

At Rocket Pre-Preps We aim to ensure that:

- Children are monitored visually when sleeping and 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 children are appropriately dressed for sleep to avoid overheating
- Only using safety-approved suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Only letting children sleep in prams if they lie flat and we have parents' written permission
- Not using cushions, soft toys or cluttering the area with anything. Although comforters will be given where required and when instructed by the child's parent.
- Keeping all spaces around sleep mats/beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with clean bedding
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy. We ask parents to communicate their child's sleeping habits/routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals.



Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>