

Teitl: Title:	Sleeping Babies/Children - Toybox Nursery
Fersiwn: Version	1
I bwy mae'r Polisi hwn yn berthnasol? Who does this Policy Relate to?	Myfyrwyr / Staff / Myfyrwyr a Staff / Arall (rhowch fanylion) Students , nursery staff, parents and children

Cydraddoldeb ac Amrywiaeth / Equality & Diversity

Dolen at Gam 1 Asesu Effaith (ar Gydraddoldeb a'r Gymraeg): / Impact Assessment Stage 1 (Equality & Welsh) link:	Impact assessment
<i>Effaith ar yr Iaith Gymraeg</i> <i>Mae asesiad effaith wedi'i gynnal ar y polisi hwn i ystyried ei effaith ar yr iaith Gymraeg yn unol â Safonau'r Gymraeg (94-104) a Mesur yr Iaith Gymraeg (Cymru) 2011.</i>	<i>Welsh Language Impact</i> An impact assessment has been carried out on this policy to consider its effect on the Welsh Language in accordance with the Welsh Language Standards (94-104) and the Welsh Language (Wales) Measure 2011.

Adolygu a Chymeradwyo / Review and Approval

Perchennog y Ddogfen: Document Owner:	Rheolwr y Feithrinfa /Nursery Manager		
Ymgynghoriad / Consultation:	<i>Rhestrwch nhw / Please list</i> Nursery staff		
Dyddiad cymeradwyo / Date Approved	Cymeradwyaeth y Pwyllgor Mewnol e.e. Grŵp Diogelu / Internal Committee Approval e.g. Safeguarding Group		<i>Enw'r Grŵp a'r Dyddiad / Name of group & date</i>
	Pwyllgor Cyfathrebu a Diwylliant / Communications & Culture Committee:		22/01/2025
	Pwyllgorau'r Bwrdd / Board Committees:	Pwyllgor Archwilio a Risg / Audit & Risk Committee:	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cwricwlwm a Safonau / Curriculum & Standards Committee	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cyllid, Pobl a Diwylliant / Finance, People & Culture Committee:	<i>Os yn berthnasol / If applicable</i>
	Corff Llywodraethu / Governing Body:		<i>Os yn berthnasol / If applicable</i>
Dyddiad Adolygu: Review Date:	31/01/2028		

Anfonwch y ddogfen wedi ei chymeradwyo i'w chyfieithu gan ddefnyddio'r [Ffurflen Cais Cyfieithu](#)
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Rhifwch bob adran a pharagraff
Please number each section and paragraph

Sleeping Babies/Children

Babies and toddlers have the opportunity to sleep in a cot, pushchair, swinging chair or relaxing chair. All babies and toddlers under the age of 2 must be checked every 10 minutes.

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

The safety of babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death. This includes:

- 1.1 Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- 1.2 Babies/toddlers will never be put down to sleep with a bottle to self-feed
- 1.3 Babies/toddlers will be monitored visually when sleeping. Checks are recorded every 10 minutes and babies will never be left in a separate sleep room without staff supervision at all times
- 1.4 When monitoring, the staff member will look for the rise and fall of the chest and if the sleep position has changed
- 1.5 As good practice we may increase the monitoring of a baby under six months or a new baby sleeping during the first few weeks, e.g. to every 5 minutes. This is until staff become more familiar with the child and sleeping routines and to offer reassurance to them and families.

We provide a safe sleeping environment by:

- 1.6 Monitoring the room temperature
- 1.7 Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- 1.8 Only having 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
- 1.9 Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- 1.10 Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- 1.11 Ensuring every baby/toddler is provided with clean bedding
- 1.12 Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- 1.13 Having a no smoking policy.
- 1.14 Routine sheets are filled out with the parent and key worker when they are settling in to the nursery and this is updated at timely periods to review. If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and ask them to sign a form to say they have requested we carry out a different position or pattern on the sleeping babies' form.
- 1.15 We recognise parents' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.
- 1.16 Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.