# Diagram  Description automatically generatedSleeping Policy

Rationale
 We take very careful consideration into how the children within our setting enjoy their daily naps. Parents/ Guardians are first asked how they wish for their child to be put down for a nap. We have the choice of a travel cot, blow up bed and buggies. To sleep in buggies, we require signed permission from the parent/ guardians.

Procedure
 We closely follow the guidance given by The Lullaby Trust ([The Lullaby Trust - Safer sleep for babies, Support for families](https://www.lullabytrust.org.uk/)).
This includes the guidance on room temperature, positioning and 10 – 15 minute checks.
The usual nap-time checks include:
“ A room temperature of 16-20°C – with light bedding or a lightweight, well-fitting baby sleep bag– is comfortable and safe for sleeping babies.
 Feel your baby’s chest or the back of their neck (your baby’s hands and feet will usually be cooler, which is normal). If your baby’s skin is hot or sweaty, remove one or more layers of bedclothes or bedding.”

“ The safest sleeping position for a baby is on their back so always place your baby on their back to sleep and not on their front or side.
 Sleeping your baby on their back (known as the supine position) for every sleep, day and night, is one of the most protective actions you can take to ensure your baby is sleeping as safely as possible.”

“The safest place for a baby to sleep is in their own clear, flat, separate sleep space.”

In addition to this, when sleeping in buggies, we ensure to check that they are in the upright position with the breaks applied, the 5 point harness are untangled and have the correct cushioning on them and the seats are laid completely flat once the child is in and secure.

 If sleeping in the travel cot, or a room separate to us, we use a 360° camera that connects directly to our mobile phones with two-way audio. The video footage is encrypted to avoid the footage being viewed by anyone other than ourselves.

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