



Safer Sleep Policy - The Pheasant Nest

Alongside associated procedures in 06.1-06.10 Safeguarding children, young people and vulnerable adults, this policy was adopted by The Nest on **27th May 2025**.

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Sleep and quiet times are key periods in the day for promoting security, younger children will need the opportunity to sleep. Older children may not need to sleep during the day, but **all** children at The Nest will have the opportunity to sleep or be encouraged have some quiet restful time.

No child can or will be made to sleep, conversely a child cannot be kept awake. Parents' 'wake instructions' will be considered but cannot be guaranteed, staff will use their professional judgement day to day.

At The Nest we **WILL**: -

- Change nappies and remove any necessary clothing (inc. wet or dirty clothing or thick jumpers etc.)
- Check all children not in nappies have tried on the toilet before going into the sleep cabin or under the stretch tent to sleep.
- Ensure a peaceful sleeping environment - with regards to darkness, white noise/music etc.
- Check all children's pockets and hands before going into sleep time.
- Check the sleeping equipment is fit for purpose and replace as and when necessary.
- Choose an appropriate place for sleeps considering the temperature in the sleep cabin, using heating or opening windows and doors as appropriate.
- Use bedding appropriate to the age and stage of child paying due attention to the season.
- Have a member of staff with sleeping children whether inside or outside or carry out physical five-minute checks if staff member not directly with the children.
- Remove any hair ties before putting a child down to sleep if deemed necessary.
- Offer each child a comforter, soft toy or muslin.
- Ensure no child is not left unattended at any time if asleep in a car seat or pushchair.
 - Bring a pushchair inside if there is a sleeping child who cannot be transferred.
 - A staff member will remain with the sleeping child if outside the building e.g. in a van sleeping from a journey.