



## Sleep Policy

Wales: NMS
22.12, 24.7

At Wibli Wobli 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. Our policy follows the advice provided by The Cot Death Society to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never be put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping. Checks are recorded every 10 minutes and babies 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
- As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines to offer reassurance to them and families.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- 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
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding



- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.

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.

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.

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.

### Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins.

Further information can be found at:

[www.lullabytrust.org.uk/](http://www.lullabytrust.org.uk/)

This policy was adopted on	Signed on behalf of the nursery	Date for review
23/6/2023	DocuSigned by: M. Neerws	June 2024

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## Polisi Cysgu

Cymru: SGC
22.12, 24.7

Ym Meithrinfa Wibli Wobli ein nod yw sicrhau bod pob plentyn yn cael digon o gwsg i gefnogi eu datblygiad a rhythmau cysgu naturiol mewn amgylchedd diogel.

Mae diogelwch cysgu babanod yn hollbwysig. Mae ein polisi yn dilyn y cyngor a ddarparwyd gan Gymdeithas Marwolaeth yn y Crud i leihau'r risg o Farwolaeth Sydyn Babanod. **Rydym yn sicrhau:**

- Bod babanod yn cael eu rhoi ar eu cefnau i gysgu, os yw babi wedi rholio ar ei bol, dylech ei droi ar ei gefn eto, fodd bynnag, unwaith y gall babi rollo o'r cefn i'r cefn ac yn ôl, ar ei ben ei hun, gellir ei adael i ddod o hyd i'w sefyllfa eu hunain
- Ni fydd babanod / plant bach byth yn cael eu gadael i gysgu gyda photel i hunan-fwydo
- Mae babanod / plant bach yn cael eu monitro'n weledol wrth gysgu. Cofnodir gwiriadau bob 10 munud ac ni chaiff babanod eu gadael mewn ystafell gysgu ar wahân heb oruchwyliaeth staff bob amser
- Wrth fonitro, mae'r aelod o staff yn edrych ar y frest am anadl ac os yw babi wedi symud wrth gysgu
- Fel arfer da rydym yn monitro babanod o dan chwe mis oed neu fabi newydd sy'n cysgu yn ystod yr wythnosau cyntaf bob pum munud nes ein bod yn gyfarwydd â'r plentyn a'i arferion cysgu i gynnig sicrwydd iddynt a theuluoedd.

### Rydym yn darparu amgylchedd cysgu diogel drwy:

- Fonitro tymheredd yr ystafell
- Defnyddio dillad gwely / blancedi glân, ysgafn a sicrhau bod babanod wedi'u gwisgo'n briodol ar gyfer cwsg er mwyn osgoi gorboethi
- Dim ond defnyddio crud/cot wedi eu cymeradwyo o safbwynt diogelwch neu offer cysgu addas arall (i.e. podiau neu fatiau) sy'n cydymffurfio â rheoliadau Safonau Prydeinig, a gorchuddion matresi sy'n cael eu defnyddio ar y cyd â charthen lân wedi'i gosod
- Peidio â defnyddio bwmpwyr cotiau neu lenwi cotiau â theganau meddal, er y rhoddir cysurwyr lle bo angen
- Cadw'r holl fannau o amgylch cotiau a gwelyau yn glir o unrhyw wrthrychau sy'n hongian, h.y. cordiau golau, llinyn bagiau ayyb
- Sicrhau bod pob babi / plentyn bach yn cael dillad gwely glân
- Os bydd baban yn syrthio i gysgu wrth gael ei nyrsio gan aelod o staff, caiff ei drosglwyddo i arwyneb cysgu diogel i gwblhau ei gwsg
- Cael polisi dim ysmegu.

Mae taflenni rheolaidd yn cael eu llenwi gan y rhiant a'r gweithiwr allweddol pan fydd babi/plentyn bach yn ymgartrefu yn y feithrinfa a chaiff hyn ei ddiweddarau ar adegau amserol a'i adolygu. Os oes



gan faban drefn gysgu anarferol neu sefyllfa na fyddem yn ei defnyddio yn y feithrinfa hy babanod yn cysgu ar eu boliau, byddwn yn esbonio ein polisi i'r rhieni ac yn gofyn iddynt lofnodi ffurflen i ddweud eu bod wedi gofyn i ni wneud gwahanol drefniant ar y ffurflen babanod sy'n cysgu.

Rydym yn cydnabod barn rhieni am eu plentyn o ran arferion cwsg a byddwn, lle bo'n bosibl, yn cydweithio i sicrhau bod arferion cwsg a lles unigol pob plentyn yn parhau i gael eu bodloni. Fodd bynnag, ni fydd staff yn gorfodi plentyn i gysgu na'i gadw'n effro yn erbyn ei ewyllys. Ni fyddant hefyd fel arfer yn cytuno i ddefro plant o'u cwsg.

Bydd staff yn trafod unrhyw newidiadau mewn arferion cwsg ar ddiwedd y dydd ac yn rhannu arsylwadau a gwybodaeth am ymddygiad plant pan nad ydynt yn cael digon o gwsg.

### Efeilliaid yn cysgu

Rydym yn dilyn cyngor Ymddiriedolaeth Lullaby ynghylch efeilliaid cysgu.

Mae rhagor o wybodaeth ar gael yn:

[www.lullabytrust.org.uk/](http://www.lullabytrust.org.uk/)

Mabwysiadwyd y polisi hwn ar	Llofnodwyd ar ran y feithrinfa	Dyddiad adolygu
23/6/2023	M. Newrens	Mehefin 2024

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