



Ladybirds Room Policy

Baby room (Mill Hill only)

Aim

At Little Bicks Nursery we care for children under the age of 18 months and ensure their health, safety and well-being.

How we do this

Children under the age of 18 months have a separate base room and are cared for in small intimate groups • All of the staff team caring for children under the age of two will have undertaken specific training for working with babies • Care is taken to ensure that babies and toddlers do not have access to activities containing small pieces, which may be swallowed or otherwise injure the child • The environment and equipment are checked daily before the children access the area. This includes checking the stability of cots and areas around, low/highchairs and ensuring restraints on these are intact and working • Where possible, doors are fitted with door finger-guards to ensure the safety of children • Outdoor shoes are removed or covered when entering the baby and toddler area(s). Staff remind parents and visitors to adhere to this procedure

Feeding • Babies are never left propped up with bottles as it is both dangerous and inappropriate • Where food/milk is prepared for babies there is a separate area within the kitchen which is specifically designated for this preparation • We request that ready made formula is supplied, enough for feeds required in the day plus one • Enough clean and sterilised bottles and teats are provided by parents for each feed during the day • Contents of bottles are disposed of after two hours • A designated area is available for mothers who wish to breastfeed their babies or express milk • Labelled mothers' breast milk is stored in the fridge • All low/highchairs used for feeding are fitted with restraints and these are used at all times. Children are never left unattended in high-chairs. Restraints are removed and washed weekly or as needed.

Nappy Changing • Babies and toddlers have their nappies changed according to their individual needs and requirements by their key person wherever possible • Information will be shared between parents and the key person about nappy changing and toilet training in a way that suits the child • Potties are washed and disinfected after every use • Changing mats are wiped with antibacterial cleanser before and after every nappy change • Parents provide enough nappies and wipes for their child each day • Please see our Intimate Care Policy for more information regarding Nappy Changing.



Sleeping • 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 and Lullaby Trust 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 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 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 using 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 • Transferring any baby 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 complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals

- If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so, in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.
- We recognise parents' knowledge of their child with regard 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. Further information regarding 'Safe Sleep' can be found at: www.lullabytrust.org.uk

Use of Dummies We recognise that a dummy can be a source of comfort for a child who is settling and/or upset, and that it may often form part of a child's sleep routine. We also recognise that overuse of dummies may affect a child's language development as it may restrict the mouth movements needed for speech. As babies get older they need to learn to move their mouths in different ways, to smile, to blow bubbles, to make sounds, to chew food and eventually to talk. As babies move their mouths and experiment with babbling



sounds they are learning to make the quick mouth movements needed for speech. The more practice they get the better their awareness of their mouths and the better their speech will be. **Our nursery will:** Discuss the use of dummies with parents as part of babies' individual care plans • Only allow dummies for comfort if a child is really upset (for example, if they are new to the setting or going through a transition) and/or as part of their sleep routine • Store dummies in individual hygienic dummy boxes labelled with the child's name to prevent cross-contamination with other children • Immediately clean or sterilise any dummy or bottle that falls on the floor or is picked up by another child. **When discouraging the dummy staff will:** Make each child aware of a designated place where the dummy is stored • Comfort the child and, if age/stage appropriate, explain in a sensitive and appropriate manner why they do not need their dummy • Distract the child with other activities and ensure they are settled before leaving them to play • Offer other methods of comfort such as a toy, teddy or blanket • Explain to the child they can have their dummy when they go home or at sleep time. We will also offer support and advice to parents to discourage dummy use during waking hours at home and suggest ways which the child can be weaned off their dummy through books and stories (when appropriate).

Date policy was reviewed	November 2023
This policy is due for review before	March 2024