



**BABIES SLEEPING OUTSIDE in the BABY SLEEP AREA**

EYFS: 3.54, 3.59

It is very important for our babies to be able to get fresh air during the day at nursery. It helps to promote their all-round well-being, enabling them to eat, sleep and feel better. To enable the children to spend time outside in the fresh air Cub room staff often take the children out for a walk in the local community. If on our return the child is sleeping, and to avoid disturbing their sleep pattern, which can be bad for brain development, we have a special designated locked, covered, fenced off area where the prams are placed whilst the child is asleep. In order to make sure that our babies are safe and comfortable while they sleep staff will: -

- Dress children according to the weather conditions.
- Use layering to regulate and maintain a safe sleeping temperature.
- Check sleeping babies every 10 minutes by using the timer, record sleep and checking times.
- Use baby monitor (this is checked on a daily basis and recorded on the sleep chart).
- Not put babies out in freezing fog conditions.
- Not put an unwell baby outside to sleep.
- Not put babies out to sleep if the temperature is above 28 degrees centigrade or -2 degrees.
- Temperatures are taken daily and recorded on the sleep chart, staff will continue to monitor the outside temperature throughout the day.

**OFSTED carried out a site visit and approved area and procedures on Wednesday 10<sup>th</sup> April 2019.**

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<b>November 2021</b>	<b>Suzanne Baldry – Nursery Manager</b>	<b>November 2022</b>