

Policy/Document: Nursery Rest and Sleep Policy



Date approved: July 2024

Changes made:

July 2024 – new policy written, Dudley IEYS Safer sleep guidance added.

Rest and Sleep at Nursery (2 and 3 year old) Policy

This policy applies to all staff, volunteers and sessional workers, agency staff, students or anyone else working on behalf of Belle Vue Primary School, in the Nursery setting.

At Belle Vue we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

The purpose of this policy is:

- To make parents and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care.

Belle Vue Primary School recognises that:

- The welfare of the child is paramount;
- It is very important for young children to get all the sleep they need;
- Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised; and
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times.

In order to achieve the aim of this policy we adhere to the following:

Rest Areas

Within both the 2 and 3 Year old Nursery settings there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

Sleep Areas

Should a child require a sleep/nap they will be provided with a sleep mat in an area away from the main traffic of the room.

Comforters and comfort blankets

- The nursery shall not provide dummies for children nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.
- If parents do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.
- Dummies are restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Staff

- Staff are fully aware of the fact that children need rest and sleep.
- Staff appreciate that children have individual needs and routines which vary as they grow and develop.
- Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day.

Parent's wishes

- The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.

Sleep Records

Records sheets are completed each day to record how long each child has slept for whilst at nursery.

The importance of rest and sleep

Belle Vue Primary School ensures that all children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.

*This policy has been written in conjunction with the Integrated Early Years Service (IEYS) *Early Years Provision Safer Sleep Guidance* 2023. From Jan 2025, we plan to take on 30 hour 2 Year old placements – the guidance regarding scheduled sleep will be used in full.



Early Years Provision Safer Sleep Guidance 2023

Early Years Provision Safer Sleep Guidance

Guidance Title State previous title where relevant.	Early Years Provision Safer Sleep Guidance
State if Guidance New or Revised	New
Guidance Lead/Author Job titles only	Dudley council senior health improvement practitioner Dudley council public health manager
Ownership	Dudley Council Public Health
Consultation State year and the individuals, groups, committees, service users, working partners etc. you have consulted with.	<ul style="list-style-type: none"> • Early years providers • Dudley Council Family Solutions - Integrated Early Years' Service • Dudley System Safer Sleep Policy Review Strategy Group • Black Country Child Death Overview Panel • Department for Education
Ratification State ratified by whom - Guidance Ratification Group, Executive Committee or Director	<ul style="list-style-type: none"> • Dudley Safeguarding People Partnership • Black Country Child Death Overview Panel
Month/year guidance first developed	May 2023
Months/years guidance reviewed Keep review dates in chronological order	
Next review due	May 2026 (Unless there is a major incident or change in legislation, whichever arises first)
Review details Revisions made, changes etc. include page numbers and paragraphs	

With thanks to:

Early years settings who supported the coproduction of this document, Dudley health visiting service, family solutions Dudley council, Dudley council maternity children and young public health team and Dudley system safer sleep policy review strategy group.

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1. Introduction

Sudden Infant Death Syndrome, (SIDS) is the sudden and unexplained death of an infant where no cause is found after detailed investigation including a postmortem. Sudden unexpected death in infancy (SUDI), is grouped with sudden *explainable* mortality under Sudden Unexpected Infant Death (SUID). The cause of SIDS is not known; however, some factors are known to make SIDS more likely such as poor sleep practices. Sadly, around three babies a week still die from SIDS. If all parents and early years professionals were aware of safer sleep advice many lives could be saved.

2. Purpose

The guidance has been developed to enable evidenced based information to be given to early years settings. The guidance emphasises the current information available and applies to sleeping during the day or night whilst in the care of a nursery, day care, preschool or child minder setting. For the purpose of the guidance, these will be referred to collectively as “early years settings”.

The guidance will provide early years practitioners with the information they need and ensure they are given a consistent message about safer sleep so they can put this into practice. The main issues addressed in the guidance are risk factors and vulnerable babies. The guidance requires the early years practitioners to be trained in safer sleeping practices and this training be up to date using accredited training that has been approved by the National Child Mortality Database (NCMD).

It is strongly recommended that this guidance is adopted by early years settings in Dudley Borough.

3. Objectives

The guidance aims to unify safer sleeping messages, practices, and training guidance throughout the early years workforce. Lullaby Trust Safer Sleep Awareness and other SIDS research/guidance advice covers babies up to 12 months of age, or from the due date for premature babies. This being said, for early years settings, we would encourage age-appropriate safer sleep practises to be advocated for as long as possible.

4. Definitions

Early Years Setting	Any early years setting including day nurseries, childminders, preschools, that provide care and education for young children during the day or overnight.
Early Years Practitioner	Those who work closely with babies, toddlers, or pre-schoolers, looking after their day-to-day care and educational needs.
Mortality	A measure of the number of deaths in a given population.

Carer	A <i>carer</i> is someone of any age who provides unpaid support to family or friends who could not manage without this help.
SIDS	Sudden Infant Death Syndrome.

5. Committee/group responsible for approval of this guidance

Dudley Council Public Health are responsible for the authoring of the guidance with approval from Dudley Safeguarding People Partnership and The Black Country Child Death Overview Panel. This document has been co-produced with several early years settings within Dudley Borough and reviewed by Lullaby Trust.

6. Duties

Public health manager

- Agree the guidance through ratification and all bodies to have approved this.

Local authority public health children and young people team

- To ensure the guidance is reviewed every 3 years or when there is a major incident or change in legislation, whichever arises first.

Family solutions - team lead integrated early years and childcare

- To be responsible for dissemination and adherence to the guidance to early years practitioners who have signed up to the safer sleeping pledge.

All early years practitioners

- It is the responsibility of the trained registered practitioner to ensure that they always act within the scope of their competence and maintain up-to-date knowledge and skills.
- Staff hold paediatric first aid, which is regularly refreshed and updated as per the Early Years Foundation Stage Safeguarding and Welfare requirements.
- All early year's practitioners have a responsibility to know and champion the information in section [7: safer sleep guidance](#) and also share the following information with families:
 - **The safest place for baby to sleep overnight is in a cot in their parents/carers room for at least the first 6 months. During the day it is also recommended that babies under 6 months sleep same room that their parent/carer is in.**
 - **Give parents/carers information so that they know the things they should NEVER do:**
 - × **NEVER sleep on a sofa or chair with a baby.**
 - × **NEVER share a bed with their baby if either parent/carer smokes.**
 - × **NEVER share a bed with their baby if either parent/carer has drunk alcohol.**

- × **NEVER share a bed with their baby if either parent/carer has taken legal (prescribed or unprescribed) medication/drugs that make them sleepy or taken illegal drugs.**
- × **NEVER share a bed if the baby was born premature or low birth weight (>2.5kg or 5.5lbs).**
- × **NEVER allow siblings, other children, or pets to share a sleep space with baby.**

7.Safer sleep guidance

Risks for early years settings can be reduced by adopting safer sleep practices that are evidence based and approved by trusted charities such as the Lullaby Trust and BASIS. It is an expectation that staff are trained in safer sleep practices and follow safer sleep guidance whilst caring for children. The **safety of the child is paramount**, and therefore parents' requests to deviate from this guidance must be accompanied by an individual healthcare plan. This guidance is based on strong scientific evidence and should be followed for all sleep periods, not just at night.

Sleeping positions

Children/babies within early years settings will always be **placed to sleep on their back with their feet at the foot of the cot** or bed to prevent the baby wriggling down under the covers. Any blankets used must be tucked firmly below armpit level. In line with NHS guidance once a baby is old enough to roll over and can roll back, there is no need to worry if they turn onto their tummy or side whilst sleeping. The child should be checked to ensure their face and head remain uncovered whilst sleeping, this includes the use of hats indoors and loose bedding. Babies whose heads are covered with bedding are at an increased risk of SIDS. Babies and infants will not be put down to sleep whilst self-feeding. Children with complex physical needs/SEND will be assessed on a case-by-case basis for alternative sleeping positions.

Safer sleep space

Children will be placed on their back to sleep on a **flat, firm, waterproof mattress in good condition**. Mattresses will be checked for tears, lumps, and sagging. A sticker will be added to the underside of the mattress to indicate when the mattress was purchased. Head ends of the cots or mattresses will not be elevated. **The sleep space will be clear, clean, and freshly laundered between each child**. Sleeping mats or sleeping spaces are wiped down between use. **Sleep pods, cot bumpers, sleep positioners, bean bags or pillows are not tolerated** within early years settings. **Should a child fall asleep in a bouncy chair, they will be moved onto a firm, flat surface**. Coats and jumpers will be removed before placing a child down to sleep. Swaddling is not something that should be introduced in an early years setting however, if a baby has been swaddled at home since birth and the parent wishes to continue this practice, then the early years setting need to place swaddled baby on their back, use a thin swaddling material that is secure to ensure that loose material cannot cover the head and use minimum amount of clothing to ensure the baby's head remains uncovered. **Never swaddle a baby when they have an infection or fever**. Babies and children with respiratory conditions should also never be swaddled. Once a baby is able to roll, they should no longer be swaddled. Pushchairs and buggies with straps are not recommended for sleeping babies indoors.

Temperature

It is important to not let a sleeping infant get too hot. It is recommended that the room temperature is between 16-20 degrees, ideally **18 degrees**. The room needs to be well ventilated, and consideration needs to be taken for appropriate clothing and blankets to ensure that children do not overheat.

Supervision

Children will be **checked every 10 minutes whilst they are sleeping** and more often if the baby or child is unwell. If a child is unwell, the parents should be notified, and the child collected from the setting. This will include **a visual check and a touch check** (chest or cheek) of the child. This will be documented (see appendix 4). Whilst completing checks, practitioners will be mindful of changes to the baby or infant's skin colour, breathing, body temperature or restlessness. The environment will also be considered during this check to ensure that the cot space remains clear, the temperature of the room is optimum and there are no hazards that pose a risk to the child.

Smoking and Vaping

Early years practitioners are required to **abstain from smoking and vaping** whilst on the premises and/or whilst accompanying children outside of the setting. Practitioners must not smoke or vape whilst wearing their uniforms. In line with the empty pocket policy, early years practitioners must not have smoking or vaping equipment on their person.

Sleeping outdoors

Consideration for the **temperature and weather conditions need to be risk assessed by the early years setting prior to outdoor sleeping**. Babies should sleep in a shaded area, with visual and touch (chest or cheeks) checks completed every 10 minutes. Babies under 12 months should be placed to sleep on their back in a carrycot style pram so they can lie as flat as possible and when back in the early years setting transferred to cot if still asleep. Animal safety needs to be taken into consideration when allowing babies to sleep outside. When out walking with babies/children over 12 months, ensure they are strapped into the pushchair and if they fall asleep the seat is reclined.

Warmer weather

Buggies and **prams should not be covered with blankets, cloths, or anything else that disrupts air flow**. This leads to the air in the pram **becoming warmer which can cause a baby to overheat**. A clip-on sunshade and keeping babies out of direct sunlight is recommended. Lighter bedding or lighter tog sleeping bags can be used. Continue to utilise a room thermometer to monitor the temperature of the room. Fans can be considered but must not be placed directly at the baby. Closing curtains can help keep the room cooler.

Car seats

Never leave the baby asleep in the car seat when not in the car. If baby arrives asleep in a car seat, then they should be removed immediately and placed onto their sleep space by the parent/carer. Car seats should not be used outside the car as an alternative to a cot or highchair. Extra observation is required for premature, very young infants and SEND children in car seats.

Slings

If slings are used in the early years setting, TICKS guidelines to be followed:

Tight, **I**n view at all times, **C**lose enough to kiss, **K**eeP chin off the chest, **S**upported back.

Strangulation, choking and suffocation

Dummy clips, jewellery, bibs, and any other **loose items around the neck will be removed before sleep**, all wires and cords, nappy bags, and other similar hazards are out of reach and safely secured. **Choking hazards will not be within reach:** no toys, or small parts in bed, ensure mouth is empty before being put to sleep, mattress in good order, dummy teats should not have holes in and be in good condition, comforters should not have any exposed stuffing, lose parts or be in poor condition. Comforters used to settle to sleep are removed when the baby/child is asleep.

Head bumps

If a child has a bump to the head and they are unwell, dizzy, vomit or floppy, then medical attention should be sought. After a bump to the head, young children can be sleepy. Children can be allowed to sleep if it is their normal time to sleep and they are not showing signs of a serious head injury. Checks of the child should be increased, and parents informed of the head injury as soon as possible.

Sleeping arrangements

Parents' knowledge of their child with regard to sleep routines is important. Early years settings need to work together to ensure each child's individual sleep routines and well-being continues to be met. This being said, staff should never force a child to sleep or keep them awake against their will. Children who fall asleep whilst at play, will be moved to a safe and suitable place for monitoring. Safer sleep practice should be regularly monitored and observed by the senior leadership team/room leader. **Safer sleep practices are paramount and will be implemented within all settings.**

Breastfeeding

Breastfeeding lowers the risk of SIDS. Breastfeeding for at least 2 months halves the risk of SIDS but the longer breastfeeding can continue the more protection it will give the baby. Early years settings are encouraged to have appropriate breastmilk storage facilities and to follow NHS guidance on storage of breastmilk. You can store breast milk in a sterilised container or in special breast milk storage bags in the fridge for up to 8 days at 4C or lower. It must be clearly labelled and dated.

In an emergency

A normal temperature in babies and children is about 36.4C, but this can vary slightly from child to child.
A high temperature is 38C or more.

Call 999 for an ambulance if the baby/child:

- **stops breathing**
- **will not wake up**
- **has a spotty, purple or red rash anywhere on their body that does not fade when you press a glass against it – this could be a sign of sepsis**
- **has a febrile seizure (fit) for the first time, even if they seem to recover**

- has a severe allergic reaction (anaphylaxis)

8. Resources

Title	Link
The Lullaby Trust	https://www.lullabytrust.org.uk/ Email: info@lullabytrust.org.uk Tel: 0808 802 6869
Little Lullaby	https://www.lullabytrust.org.uk/young-parents/
Early Years Foundation Stage (EYFS) Framework (Early Years Foundations Stage revised September 2023)	https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2 3.26 Each child must be assigned a key person. Their role is to help ensure that every child’s care is tailored to meet their individual needs (in accordance with paragraph 1.16), to help the child become familiar with the setting, offer a settled relationship for the child and build a relationship with the parents. 3.57. Providers must not allow smoking in or on the premises when children are present or about to be present. Staff should not vape or use e-cigarettes when children are present, and providers should consider Public Health England advice on their use in public places and workplaces. 3.60 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/ bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance. Except in childminding setting, there should be a separate baby room for children under the age of two. However, providers must ensure that children in a baby room have contact with older children and are moved into the older age group where appropriate
NHS SIDS information	https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/
NHS Reducing SIDS information	https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reducethe-risk-of-sudden-infant-death-syndrome/
NHS what to do if a child is ill	https://www.nhs.uk/conditions/baby/health/is-your-baby-or-toddler-seriously-ill/
Safer storage of breastmilk	https://www.nhs.uk/conditions/baby/breastfeeding-and-bottlefeeding/breastfeeding/expressing-breast-milk/
BASIS Baby sleep info source	https://www.basionline.org.uk/ Email: Basis.online@dur.ac.uk

Know More Campaign	http://dudleysafeguarding.org.uk/children/parents-andcarers/campaigns/
Safer sleeping and careful cuddles story resource	https://www.dogduckandcat.co.uk/stories-0-4/safer-sleeping-andcareful-cuddles/
Twins Trust	www.Twinstrust.org Email: enquiries@twinstrust.org Tel: 01252 332 344
Royal Society for the Prevention of Accidents	https://www.rospa.com/

9. Process

Delivery of the safer sleep message

Early years settings within Dudley that have agreed to support the unified guidance will sign the Early Years Pledge (See appendix 1). They will also display the early years safer sleep charter to show solidarity with the overarching safer sleep messages and their commitment to the early years network safer sleeping agreements (See appendix 2). By doing so, they will agree to adhere to information within this document.

Documentation and record keeping

Early years settings will assign each child a key person to ensure that care is tailored for the child and will keep detailed records of the sleep schedule whilst in the setting (See appendix 3). The sleep room will have daily monitoring, with a checklist completed to ensure that the space is in line with current safer sleep research (See appendix 4).

Auditing

Each early years setting will agree to ad hoc external auditing from officers within the Integrated Early Years' Service. The results of this will be reported to the team lead – integrated early years and childcare and acted on should there be any areas of further support required (See appendix 5).

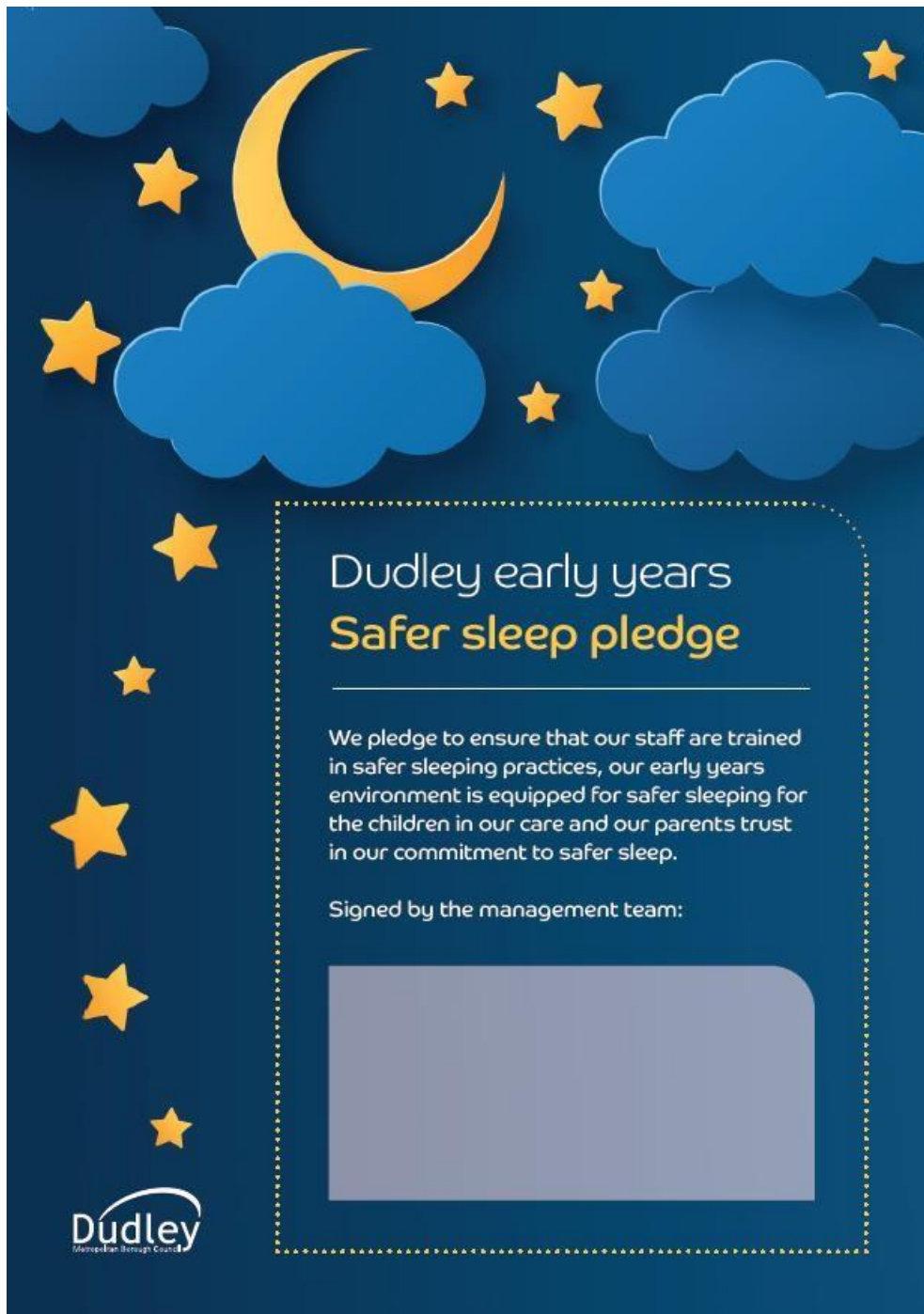
10. Standards / key performance indicators

Key Performance Indicator (KPI)	Method of assessment
100% of staff supervising sleeping babies in the baby room are up to date in safer sleep training. Fully trained staff must always be present in the baby room.	Training records to be kept. This will be reviewed by Officers within the Integrated Early Years' Service
Minimum 80% of all early year's practitioners throughout the whole setting (must be 100% of staff trained in the baby room) to be up to date with safer sleep training with the remaining 20% booked onto safer sleep training.	Training records to be kept. This will be reviewed by Officers within the Integrated Early Years' Service
Yearly audit to take place	Audit taken by Officers within the Integrated Early Years' Service. Records to show audit has taken place within last year and actions followed up on.

11. Training

It is the responsibility of the Senior Leadership Team to ensure all staff are appropriately trained and observed in their routine practice to ensure competency. Staff are to attend safer sleep training/updates as relevant to role and when required. This will include face to face safer sleep training in collaboration with Dudley Council and the Lullaby Trust as part of the induction of all new staff, and 3 yearly updates. There is an expectation that ICON training is also completed alongside safer sleep training. ICON – Babies cry, you can cope contains important messaging not only for parents but also for early years staff who are becoming overwhelmed during crying episodes. <https://dudleysafeguarding.event-booking.org/elearningdetail/%3DEDN4MTM/ICON-Babies-cry-you-can-cope>.

Appendix 1: Early years safer sleep pledge



For a copy, please contact IEYS.Admin@Dudley.gov.uk

Appendix 2: Early years safer sleep charter



**Dudley early years
Safer sleep charter**

My early years setting has made a pledge, safer sleep is on their minds.
They check my sleeping area's clear and clean, and my mattress is waterproof lined.
When they see that I am getting tired, they encourage me to nap.
The room temperature is safe for me and I'm put to sleep on my back.
They check on me when I'm asleep, every 10 minutes or so.
And then they get me up again, when I'm ready to go go go!
My early years team are trained you see, they know about safer sleep.
So, my parents and the early years team can relax, whilst I am counting sheep.

Dudley
Metropolitan Borough Council

For a copy, please contact IEYS.Admin@Dudley.gov.uk

Appendix 3: Early years safer sleep charter and pledge



**Dudley early years
Safer sleep charter**

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So, my parents and the early years team can relax, whilst I am counting sheep.

Our pledge

We pledge to ensure that our staff are trained in safer sleeping practices, our early years environment is equipped for safer sleeping for the children in our care and our parents trust in our commitment to safer sleep.

Signed by the management team:



Dudley
Metropolitan Borough Council

Appendix 5: Early years safer sleep room checklist

Summary safer sleep guidance:

The safety of the child is paramount.

- Baby to be placed to sleep on their back with their feet at the foot of the cot or bed on a flat, firm, waterproof mattress in good condition where their sleep space is clear and clean.
- Recommended that the room temperature is between 16-20 degrees with an optimum aim of 18 degrees.
- Sleeping children are checked every 10 minutes whilst they are sleeping (visual check and a touch check).
- Sleep pods, cot bumpers, sleep positioners, bean bags, pillows are not tolerated. Should a child fall asleep in a bouncy chair, they will be moved onto a firm, flat surface.
- Never swaddle a baby when they have an infection/ fever or a respiratory condition.
- Abstinence from smoking and vaping is required whilst on the premises and/or whilst accompanying children outside of the early years setting. Practitioners must not smoke or vape whilst wearing their uniforms.

<u>Date:</u>				<u>Checked By:</u>	
Cot area cleaned between each usage					
Clear sleeping area (no cushions, pillows, cot bumpers or cluttering cots with soft toys, no cot mobiles)					
Mattress is in good repair (Date of purchase is recorded)					
If room temperature is outside of 16-20 degrees, what has been done in an attempt to adjust this?					
Sleeping room temperature checks completed:					
7am	9am	11am	1pm	3pm	5pm
For settings open 24 hours complete the following additional room temperature checks:					
1am	3am	5am	7pm	9pm	11pm

In an emergency:

Call 999 for an ambulance if the baby/child:

- stops breathing
- will not wake up

- has a spotty, purple or red rash anywhere on their body that does not fade when you press a glass against it – this could be a sign of sepsis
- has a febrile seizure (fit) for the first time, even if they seem to recover • has a severe allergic reaction (anaphylaxis)

Early Years Provision Safer Sleep Guidance 2023

Appendix 6: Early years safer sleep audit

Question:	Aim for:	Early Years Response:
Does the early years setting have a safer sleeping guidance/ have they adopted the Dudley Early Years Safer Sleep Guidance?	Yes	
Training		
What percentage of the staff hold up to date safer sleeping training? (within the last 1 year)	80% of total staff 100% of baby room staff	
Do staff hold current and up to date paediatric first aid qualifications?	Yes	
Environment		
Is the sleeping equipment clean and in good condition (No tears and in good repair)?	Yes	
Is the sleeping space clear?	Yes	
Is the mattress firm and flat and protected by a waterproof cover and compliant with British Standard regulations? Is there a sticker on the underside of the mattress to indicate purchase date?	Yes	
Are any sleeping aids used within the nursery? "doc-a-tot" etc.	No	
Is the room kept between 16-20 °C? Where is this documented? Are mitigation actions noted if temperature falls outside of range?	Yes daily early years safer sleep room checklist	
Are babies placed to sleep on their backs?	Yes	

If swaddling, are the guidelines on Lullaby trust followed?	Yes	
Do infants sleep in car seats and bouncers?	No	
Is storage of breast milk within NHS guidelines?	Yes	
Record keeping		
How often are the children checked when sleeping?	10 minutes	
Is it recorded how long the child is sleeping for?	Yes, sleep charts in use	
Smoking/ Vaping		
Do staff who smoke/vape ensure that they are wearing a smoking/vaping coat and washing their hands upon re-entry to the nursery setting? Are early years practitioners who smoke/vape leaving 30 minutes before handling a baby?	Yes Not allowed to smoke/vape in uniforms. Not allowed to have cigarettes/vapes on person whilst working. Leaving 30 minutes before handling infants after smoking/vaping.	

ACTIONS to be undertaken following audit:

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