

Safer Sleep Policy

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 children' 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:

- Children are placed on their backs to sleep, if a child under 1 year or a child that should be 1 year but was born prematurely 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
- Children are never put down to sleep with a bottle to self-feed
- Children should not be wearing bibs or anything else that is tight around their neck for their sleep
- Children should be appropriately dressed eg no thick jumpers as they could overheat
- The room should be well ventilated
- Children who have blankets/cloths as comforters – these should not be covering the child's face and removed from near their face as soon as they are asleep
- Children are monitored visually when sleeping. Children are never left in a separate sleep room without staff supervision at all times.
- As good practice we do a check on each child every 5 minutes – this is recorded on a sleep sheet by the staff member doing the check. When monitoring, the staff member looks for the rise and fall of the chest, the actual breaths a child is taking, the child's temperature and if the sleep position has changed.
- Children must not use cushions to sleep – if in the event that a child need propping up slightly because of a bad cough – a cushion should be put underneath the sleep mat so it is not directly against the child's face.
- Dummy use will be encouraged at sleep time as it keeps a child's airway open
- Blankets must only come up to nipple height and child's arms should be out of the blanket
- We must never double up on blankets – only 1 per child

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring children appropriately dressed for sleep to avoid overheating. This bedding must be free from any damages or holes etc. The bedding must also be tight to the bed not loose.
- Only using safety-approved mats or other suitable sleeping equipment that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Only letting babies sleep in prams if they lie flat – please note that this should only take place if babies fall asleep on walks or need to rest whilst in the garden – sleep checks should be the same as if a child was sleeping indoors and recorded
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- 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 child has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their

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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. We also aim to provide parents with advice/information around safer sleeping at home.

Children asleep on arrival –

We will ask that any child that arrives to the setting asleep is woken up. We need to ensure that when we are taking children into our care that they are fit and well, we cannot tell this when a child is asleep. Therefore we will discuss with parents the need to wake them up before they leave the setting.