

3.13 Safe sleeping

Policy

As a provider we are responsible for ensuring we follow the current version of the framework. This policy is adopted to ensure that all children attending the setting(s) are protected whilst sleeping. This policy will be implemented throughout the year, with particular emphasis on safe sleeping.

Procedures

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 syndrome (SIDS).

We make sure that:

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again on their own, in which case we enable them to find their own position.
- Babies and toddlers are never put down to sleep with a bottle to self-feed. Even with parents consent we cannot allow feeding/ eating or drinking whilst sleeping.
- Babies and toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Staff support and supervise children going down to sleep.
- Checks are completed every 10 minutes and 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.
- Babies and children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature.
- Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots and other suitable sleeping equipment (e.g. mats) that are compliant with British Standard regulations.
- A designated area of a classroom is used for sleeping arrangements. Careful attention should be made in making the area feel calm and relaxing for the child/children.
- Sleeping arrangements should be carefully planned and prepared in advance.
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet.
- Only letting babies sleep in prams if they lie flat and we have written permission from the parent.
- Enabling babies to sleep outdoors, where appropriate and with parent written permission.
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required.
- Keeping all spaces around cots and beds clear from hanging objects *i.e. hanging cords, blind cords, drawstring bags*.
- Blankets/ sheets should be tucked underneath the mattress for babies if they are not using a sleep bag.
- Ensuring every baby and toddler is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs, *e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home*.
- Cleaning all bedding as required.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Transferring a baby/child who is brought into nursery while sleeping to a safe sleeping surface to complete their rest.
- Having a No smoking/vaping policy.

Feet to foot position:

- Place the baby in the feet to foot position - with their feet touching at the end of the cot, or pram.
- Keep the baby's head uncovered.
- Keep the cot/ sleeping place clear.
- Tuck blanket securely under their arms so that the blanket cannot move and cover the head.

During the registration process we ask parents about their child's sleeping routine, this is completed with the child's key person when the child starts at nursery. Parents notify us in writing of any changes or updates (e.g.: sleep times, timely intervals etc...).

We recognise parent 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.

For babies individual sleep routines are followed. For toddlers or older children one set sleep time is planned for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day, or via notification and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

