



Safe Sleep Policy

The purpose of our safe sleeping policy is to maintain a safe sleep environment that reduces the risk of sudden infant death syndrome (SIDS). Our policy requires the Nursery Manager to discuss our safe sleeping procedures with a child's parent/carer before admission and to gain information about sleep patterns and routines at home.

It is important that all parents/carers and practitioners are aware of safe sleep procedures and we work together to ensure children's safety is maintained at all times when sleeping.

The Early Years Unit will practice the following safe sleep procedures:

- All practitioners will be made aware of how to keep children safe whilst they are sleeping.
- All parents/carers will be made aware of our safe sleep procedures before their child starts the setting.
- Children will be placed on their backs to sleep, but if their development levels allow them to easily turn over from the back to the stomach, they will be allowed to adopt whatever position they prefer to sleep.
- Visual and auditory checks will be made on all sleeping children every ten minutes. This will be logged on a sleep chart by practitioners. This will be displayed next to all sleep areas.
- Temperature of sleep areas will be monitored to ensure that children are comfortable whilst sleeping and do not over heat.
- Sleeping mats will be checked regularly to ensure that they are safe, clean and are approved for the age of the child sleeping in them.
- Unless signed permission is given by parents/carers all children will sleep on a flat surface. We sleep mats for occasions when children need to rest. We do however recognise that some children may fall asleep in buggies on their way to the setting, in such situations when this happens the child will be carefully monitored to reduce any risk and moved to a sleep mat where possible.
- If parent/carer decides that they want their child to sleep in a buggy or flat pram which is against our safe sleep procedures, then they will sign an individual agreement to this effect.
- A child's head will never be covered by blankets or bedding and sleep mats will not be covered. Individual bedding will be provided which will be laundered daily. We do recognise that for some children their sleep requirements may go against our policy and in these circumstances we will liaise with parents/carers sensitively to come to a mutual agreement which will always be documented and signed for by parents/carers. The staff members will be informed that are working with this child.
- Pillows will not be used. If a blanket is used we will make sure that the child's head is uncovered and the blanket will be tucked in no higher than their shoulders.
- Soft toys or teddies will not be given to children unless this is a small comforter from their home environment.



- Only one child will be placed on a mat at a time.
- A NO smoking policy operates on the grounds of the setting/school and any practitioner choosing to smoke on their breaks will not return to work smelling of smoke and every effort is made to reduce the effect of the odour and lingering effects of passive smoking for children and colleagues.

Signed: Gary Margerison

Date: **30/10/17**

Agreed by SGC Date: **09/11/17**