SAFER SLEEP POLICY & PROCEDURE

Our Mission

To ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.
A good sleep routine is vital for growing children. We recognise that a child's sleeping pattern will develop as they mature and so we adapt our nursery routines to accommodate their needs as they grow.

At Curious Explorers, it is important to provide babies and children with a safer sleep environment to reduce the risk of sudden infant death (SIDS) in babies up to 12 months and sudden unexpected child deaths in children aged over 12 months.

Procedure

How to set up the baby sleep room:

You must have

- Bedding for each child (to be washed weekly or before if dirty)
- A child should have their own cot to sleep in each day; this should be the same cot each time the child is in. Children can share cots if they are in on different days however these cots are cleaned after use and when bedding is changed.
- A thermometer (room temperature should be between 16 degrees C and 20 degrees)
- Calming and soft music
- Night lights
- No toys or extra bedding will be placed in the cot
- Baby camera monitored from baby room
- Sleep check chart to be completed every 10 minutes

How to set up the toddler sleep room:

You must have

- Bedding for each child (to be washed weekly or before if dirty)
- Each child to have their own mat to sleep on with their own bedding.
- A thermometer (room temperature should be between 16 degrees C and 20 degrees)
- Calming and soft music
- Mats to be split between front room and main room, if more than 12 children sleeping.
- Toddler camera monitored from office
- Sleep check chart to be completed every 10 minutes

Get the right information.

When inducting a child in the nursery, the key carer and parent will be complete a routine form

which details the times when they would like their child to sleep and for how long. Also, in the induction meetings, the Key carer will complete an “All about me” which details how their child normally sleeps e.g. in a cot, with a comforter, patted/rocked to sleep etc. Staff members refer to routine/all about me to ensure that they are aware of individual needs of the children in their room. Sleep routines are a very intimate part of a baby’s day and may change daily on parents request when reflecting on how the child has slept the night before. Babies should not be left to cry themselves to sleep or be left for long periods of time (over 10 minutes) to “drop” off to sleep. Parents should also be made aware that comforters will only be used for children 12 months and above and these will be removed once their child has fallen asleep.

Getting a child ready to sleep

Staff should prepare the child for bedtime by moving to a quieter part of the nursery and having a story or having a cuddle.

The staff must ensure the following is complete before putting a child to sleep:

- The child has a clean nappy or has been to the toilet.
- That all outer clothes have been removed.
- That the child is offered a drink before sleep time.
- A comforter is given if needed (over 12 months)
- A quick safety check of the room is completed e.g. no hanging wires or broken toys.
- The room is at the correct temperature between 16 °C and 20 °C.
- Check the baby camera is plugged in and receptive in the baby room and office

Some babies like to be patted to go to sleep. The staff member will need to pull up a chair to the side of the cot so not to strain their back or to sit on the floor while rubbing their tummy.

If the baby has not gone to sleep after 20 minutes the staff member should consider getting them up and maybe trying them later for another sleep.

If a baby falls asleep in the arms of a staff member, they should be placed in the cot/sleep mat so they can continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the baby’s clothes should be loosened and socks and shoes has to be removed. Staff within the area should be made aware that the baby needs their nappy changing when they wake up.

For children under 2 years of age

They should be:

- On their backs in their own separate sleep space on a flat, firm surface.
- Babies under 12 months and under must only be placed in a cot
- Bedding should be lightweight and firmly tucked in around the child no higher than their shoulders to prevent head covering. Alternatively, a well fitted sleeping bag can be used.

- Have a clean nappy.
- Have a clean face.
- In a well-ventilated room.
- With a comforter if they normally have one. (over 12 months)
- Additional clothing should be removed e.g. jumpers, shoes, socks, head bands etc.
- Sleep mats should have their designated bed sheet over it.
- Children on sleep mats need to be placed alternatively head to toe and they should be evenly spaced out.

The room temperature between 16 ° C and 20 °C.

Children on sleep mats must never be left unattended while sleeping. This is to ensure that a child does not wake up and move around the room possibly putting themselves or other children at risk.

After children have slept on a sleep mat their sheet and blanket should be stored in their sleep bag and must be washed weekly or before if dirty
All sleep mat has to be sterilised daily once used.

Sleep monitoring.
A video camera is placed in the sleep room and can be monitored from the office so children are in sight and sound at all times.
All sleeping children must be physically checked at 10/15-minute intervals, a timer is used to do this. Staff members who are working in the rooms are all responsible for checking the children.
Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath.
- Ensuring that each child is well.
- Ensuring that each child is not too hot or too cold.
- Ensuring that all sheets or blankets are not wrapped around the child.

The sleep monitoring chart is used to record that the checks have been completed as well as what time the child went into the sleep room and how long they have been asleep, this will be documented on the daily connect app on the tablet.

Babies who fall asleep whilst out for a walk, must be taken out of the pushchair once they have returned and placed in the appropriate bed setting.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.

More information on safer sleep guidance can be found on the following website

Safer sleep information | The Lullaby Trust