

Safe Sleep Policy

Policy written: January 2025

Reviewed: January 2026

or modifications by the Lullaby Trust UK.

Aim

The term 'parent' implies any person or body with parental responsibility such as foster parent or carer. The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at Day Care. Sleep is the primary activity of the brain during early development.

We operate a Safe Sleep Policy that specifies the "back to sleep" position. When sharing the policy with parents the following will be discussed child sleep position at home.

Our "back to sleep" policy is implemented to reduce the risk of SIDS, for babies under the age of one years old. Children over the age of one years old will sleep in a position that's comfortable for them.

Sleep is an important part of a healthy lifestyle and helps each child achieve their full potential as it directly impacts on their mental and physical development. Let a child sleep when they are tired, no child will be forced to sleep.

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history. In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep, Day Care will practice the following Safe Sleep Policy:

We will endeavour to follow routines outlined by parents, let a child sleep as long as they need and wake naturally whenever possible. We will consider information about the child's sleep routines given to us by their parents and discuss with them their child's individual needs and how best to manage these

We require that the Key Worker/Room Leader to discuss the safe Sleep policy with a child's parent during child induction sessions. Parents must sign a statement that they have received a copy of the policy, and that the policy has been discussed with them.

Induction

All staff will receive guidance on our Infant Safe Sleep Policy, Day Care Risk Assessment and SIDS risk reduction.

We offer a designated sleep area, within our baby room. This is for all children who need to sleep.

Shoes/slippers will be removed, and any jackets, hoodies or cardigans will also be removed. Any objects such as dummy clips, teething necklaces, hair bands or bibs will be removed as these are a strangulation risk.

Parents will be advised that even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side. Some babies have medical conditions that require stomach sleeping. If parent insists that their baby is placed on his/her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position; this note will be placed in the sleep area above where the child sleeps.



If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the SIDS and the National Back to Sleep Campaign. Lullaby Trust UK.

Procedure

Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed in the baby's sleep area. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.

SID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your Room Leader/ Key Worker your preference when the baby turns onto his\her side or stomach.

SID recommends that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms part of your child's sleep routine, it will always be used at sleep times. SID recommends that the dummy should be stopped when the baby is between 6 and 12 months old, Key Workers will work with parents to phase out dummies sensitively, taking into account children's emotional needs.

Visual supervision is always implemented, look and touch checks are applied every 10 minutes, staff member will visually check on the child; look and touch for the rise and fall of the chest and touch, even if the sleep position has changed. These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check.

Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 68-72°F degrees (16-20°C), this will be recorded daily.

Babies/Toddlers must sleep in a cot or on an approved surface. Babies will not be permitted to use a nesting ring, snuggle nest, car seat, bouncy chair etc.

Babies/Toddlers will be laid feet to foot end of bed/cot, head not at the top.

Babies/Toddler's heads will not be covered with blankets or bedding. No loose bedding, pillows, bumper pads, will not be used in cots. Cellular Blankets are for cot and beds, which will be tucked in at the foot and sides of the cot/bed. Toys and stuffed animals will not be allowed in the child's cot.

A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used. Cots will be cleaned weekly. All children's cots are named for each child and cleaned weekly (more if needed). Cot mattresses will be cleaned daily and sanitised between children.

All babies will have their own bedding that is laundered weekly and changed as often as required. Clean bedding is stored in labelled covered boxes.



Sleeping children will not be woken unless emergency or going home.

No smoking is permitted on the premises and members of staff who smoke will ensure that their clothes changed and breathe do not smell of smoke when caring for children. Staff will not be permitted to cover sleep room.

All parents of babies cared for in Day Care will receive a written copy of our safe sleep policy before admission.

All children cared for in Day Care will be asked to sign to confirm that they have received, read and understood the Safe Sleep Policy and that their child's Key Worker, Room Leader has discussed the policy with them. See appendix 1.



Appendix 1

Parental Information on Safe Sleep Policy

All parents must read and have a hard copy of this part of the policy

All parents of children cared for in Day Care will receive a written copy of our safe sleep policy before admission. Parents will be asked to sign to confirm that they have received, read and understood the Safe Sleep Policy and that their child’s Room Leader, Key Worker, Leadership Team has discussed the policy with them.

Staff members full name: -----

I, the undersigned parent/guardian of ----- (child’s name) do hereby state that I have read and received a copy of the Safe Sleep Policy and that my child’s Key Worker, Room Worker, Leadership Team has discussed the Policy with me.

Parents Full Name: -----

Parents signature: -----

Date: -----