



RYDES HILL

PREPARATORY SCHOOL & NURSERY

Safe Sleep Policy

This policy also applies to EYFS

Introduction

Ryde's Hill Pre-Prep and Nursery School operates a Safe Sleep Policy to ensure that children have enough sleep for them to develop and for staff to promote best practice for all children and infants in a safe environment.

Our policy requires that parents are advised of the Safe Sleep policy during their child's settling session.

All staff working in our nursery are required to receive specific induction training on the Safe Sleep Policy and SIDS risk reduction.

Safe Sleep

As a nursery, we adopt a policy of practice recommended by The Cot Death Society and The Lullaby Trust to minimise the risk of Sudden Infant Death (SIDs) in babies up to 12 months of age, and sudden unexpected death in childhood (SUDC) in children aged over 12 months.

SIDS is the sudden unexpected death of a baby where no cause is found. Whilst it is uncommon, there are some factors that can increase a baby's risk of SIDS. These include:

- Being born prematurely (before 37 weeks)
- Low birthweight (less than 2.5kg or 5.5lb)
- Exposure to smoking in pregnancy
- Sleeping with babies and children on sofas or chairs

SUDC is the sudden unexpected death of a child where no cause is found.

The safety of babies and children is paramount in the nursery, and we promote good practice and ensure that we work in partnership with the parents/carers.

Safe Sleep Procedure

- Babies aged 12 months and under are placed to sleep in a cot which meets the British Safety Standards.
- Children aged 12 months and over are placed to sleep on a mattress on the floor with a fitted sheet.
- Children are placed down on their back in their own separate sleep space on a clear, flat, firm surface either in a cot or a mattress on the floor. Once babies can move from their back to their front and back again by themselves, they can find their own sleeping position. However, they must continue to be placed on their back to sleep.
- Our sleep spaces only contain a firm, flat and waterproof mattress with a lightweight fitted sheet. Blankets are not used.
- Parents must provide a well-fitted baby sleeping bag for their child, which is in good condition and fit for purpose. This must be taken home regularly to be laundered.
- Cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps.
- Sleep comforters may only be used for babies and children aged over 12 months only.
- Children's heads are never covered when they are sleeping.
- Steps will be taken to keep babies from becoming too warm or too cold by regulating the room temperature; the room temperature will be kept between 16-20 degrees.

- Children are always within sight and hearing of staff when they are sleeping and are frequently checked. At least every 10 minutes, the staff will visually check on the child; looking for the rise and fall of the chest and that nothing is obstructing airways. This will be recorded on a sleep log.
- Babies aged 12 months and under that fall asleep whilst travelling for example in a pushchair must be transferred to their cot once they return to the setting. NHS guidance states that hats and extra clothing should be removed as soon as you come indoors even it means waking the baby.
- Children aged over 12 months that fall asleep whilst travelling for example in a pushchair should, where possible, be transitioned to their own separate sleep space on a clear, flat, firm surface (suitable mattress on the floor) upon return to the setting.

Procedure

A child's sleep or rest routine will be discussed with the parent and Key Person when the child attends their settling-in session at the nursery. Staff should be aware of the individual needs of babies and children at the nursery.

Sleep routines are a very intimate part of a baby's day. Babies/children should not be left to cry themselves to sleep or be left for long periods to 'drop off' to sleep. If a child is not asleep after 15 minutes, staff should allow them to get up and play for a while before returning to sleep.

We recognise parents' knowledge of their child regarding 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. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep. Time restrictions on sleep are often a parent preference and should be discussed before the settling in sessions take place.

When getting a baby or child ready to sleep, staff need to ensure that they have:

- Changed the baby's nappy or ensured that the child has been to the toilet.
- Fed the baby/child or given them a drink.
- Removed all bibs.
- Ensured that the baby or child is not too warm.
- Staff should prepare the baby or child for a sleep by moving to a quieter part of the nursery or room. Some children or babies like to be soothed to sleep with a gentle rub; the use of patting should be gentle and soothing.
- Staff to sit on the floor when a child sleeps on a sleep mat. Staff work with parents to agree a sleep time.
- Babies and young children will not be forced to sleep by pinning down, restraining or leaving to cry themselves to sleep.
- If a baby or child falls to sleep in somebody's arms, they should be placed in the cot or sleep mat as soon as possible so that they can continue to sleep undisturbed. If the baby or child has fallen to sleep unexpectedly and it has not been possible for the nappy to be changed or a visit to the toilet, staff within the room should be made aware that the baby needs its nappy changed or the child taken to the toilet once they have woken up.
- Cots should be cleaned and maintained to a high standard. Cot mattresses and mats are wiped down after every use using an antibacterial wipe or spray. Any mats or mattresses that become damaged, ripped or torn must be discarded and replaced.

Older Children

Children need sleep and rest periods to help their development. Children develop at different rates, and we must meet their needs throughout the day at the nursery. As they grow, they will usually develop a routine which reduces the length or frequency of their daytime sleeps. As children become school-ready and particularly at the end of their pre-school year, the nursery will work with parents to drop a daytime sleep in preparation for school.