Bacup Nursery School and Extended Services

Safer Sleep Policy

Introduction

We operate a Safer Sleep Policy that specifies the “back to sleep” position and “feet to foot” position. Our policy requires that staff discuss the Safer Sleep Policy with a child’s parent or guardian before admission. Parents must sign a statement that they have received a copy of the policy, and that the policy has been discussed with them. All staff are required to receive induction training on the Safer Sleep Policy. When introducing or sharing the policy with our parents the following will be discussed:

- Ask about the child’s sleep position at home.
- Explain the nursery “back to sleep” and “feet to foot” policy that is implemented to reduce the risk of SIDS.
- Tell the parents that 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 the 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.
- Provide the safer sleep guidance from the Lullaby Trust and the NHS guidance on safer sleep.

Safer Sleep Policy

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, this Nursery will practice the following Safer Sleep Policy:

All staff will receive training on our Safer Sleep Policy and SIDS risk reduction.

All adults will:

- Ensure that mats are checked before a child is put onto one.

- Follow the cleaning procedures to ensure the sleeping area is hygienic.

- Always place young children 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/child's sleep area. This waiver must be signed by the child's doctor. Once asleep, they can be allowed to adopt whatever position they prefer to sleep.

- Ensure that visual supervision is adhered to at all times. At least every 10 minutes the key person or any member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a new child during the first few weeks in our nursery. It is our policy that a member of staff is in the room when a child is asleep.

- Monitor the temperature of the room using the digital room thermometer. Steps will be taken to prevent children from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the child; room temperature will be kept between degrees 16-20ºC. In periods of extreme heat or cold weather, steps will be taken to maintain the temperature of the room as much as possible and clothing will be removed or added.

- Ensure that all children sleep on a sleeping mat.

- Ensure that the child's head will not be covered with blankets or bedding

- Consider if a blanket is needed depending on the room temperature and the child's clothing. However, a member of staff is in the room at all times to supervise sleeping. A cellular blanket will be used. Children sleeping on the sleeping mats may also use a blanket, which will be places on the bottom half of their body and not above their waist.

- Use a clean sheet per child, shown by picture of child which is washed following a sleep.
- No toys allowed with the sleeping child. Comforters will be checked for safety and only given if the staff member feels they are appropriate.

- Clean mats after one use and sanitise. Only cleaning products bought by the school cleaning team will be used in accordance with our cleaning policy.

- No smoking is permitted on the premises and staff who smoke will ensure that their clothes and breathe do not smell of smoke when caring for young children.

- Provide all parents of two year olds with a written copy of our Safer Sleep Policy before admission. All parents of two year old children cared for in this Nursery will be asked to sign to confirm that they have received, read and understood this policy and that their child's teacher or staff member has discussed the policy with them.

The Headteacher will:

- Ensure that all staff receive Safer Sleep Training every three years.
- Ensure that the Senior Leadership Team are proactive in any changes to guidance on Safer Sleep.
- Ensure that the sleeping arrangements are suitable and know that they have a duty to replace any damaged mats immediately.
- Monitor safer sleep as part of their responsibility to safeguard children.
- Ensure that all staff understand their role in safeguarding children and where safer sleep is part of safeguarding procedures.

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