



Safe Sleep Policy and Procedure

At Jo Jo's Day Care Nursery Limited we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We have a designated area for children to sleep if they so require (sleep mats and blankets). We also have a quiet area for children to rest, during their time with us.

The safety of babies and children sleeping is paramount.

- 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
- Babies/toddlers will never be put down to sleep with a bottle to self-feed unless parents have requested
- Babies/toddlers will be monitored visually when sleeping, checks are recorded every 10 minutes
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed
- Ensure that a SIDS poster is displayed on all parent boards and in the sleep room

We provide a safe sleeping environment by:

- Monitoring the room temperatures. The room temperature will be kept at between 68- 72f / 16 – 20 C.
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating. Shoes will be removed from a sleeping child.
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring each baby/toddler is provided with clean bedding
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.
- All babies must sleep in a cot or on a rest mat or bed. Babies may not sleep in a nesting ring, car seat or bouncy chair. If a child falls asleep whilst on a walk then they can be left in the pushchair under staff supervision, ensuring the child is strapped in.
- Babies heads will not be covered with blankets or bedding.

Routine sheets are filled out with the parent and key person when they are settling into the nursery. If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies we will explain our policy to the parents and ask them to sign a form to say they have requested we carry out a different position or pattern on the sleeping babies form. All key persons working in our nursery are required to receive induction training on Safe Sleep Policy.

Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his / her stomach or side to sleep, they will be asked to provide a note from the babies Doctor that specifies the sleeping position; this note will be placed above the baby's cot. Babies will always be placed on their back to sleep unless there is a signed sleep position medical waiver on file. If the child is less than six months old the waiver must be signed by the child's Doctor, a parent's signature is accepted for children over the age of six months.

We recognise parents' knowledge of their child in regards to 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.

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.

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.



Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep. Further information can be found at:

Further information can be found at: www.lullabytrust.org.uk

Date Monitored: 08.12.22

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Signature:

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