



## Promoting health and hygiene

### **3.11 Safer Sleeping**

#### ***Safe Sleeping procedures***

Caterpillar nursery operates a Safe Sleep Policy that specifies “back to sleep” position. Our policy requires that the key person or manager discuss the Safe Sleep Policy with a child’s parent or guardian before admission. Parents must sign a statement that they received a copy of the policy and that the policy has been discussed with them. All key persons working in our nursery are required to receive induction training on the Safe Sleep Policy.

When introducing or sharing the policy with our parents the following will be discussed:

- Ask about the baby’s sleep position at home
- Explain the nursery “back to sleep” policy that is implemented to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Tell the Parents that “Back to Sleep” is recommended by the Foundation Of Sudden Infant Death Syndrome (FSIDS).
- Inform the parents 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 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 baby’s doctor that specifies the sleeping position ;this note will be placed within the baby area or sleep room.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS and the national Back to Sleep campaign.
- Review of the baby sleep policy.

#### **Safe 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 child care settings and that parents and child care professionals can work together to keep babies safer while they sleep.

## **Here at Caterpillars Nursery we will practice the following sleep policy:**

- All key persons will receive training on Safer Sleeping, they will receive a guide on SIDS risk reduction and a copy of our policy
- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy will be given to the keyperson.
- FSIDS recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they preference when the baby turns onto his/her side or stomach.
- FSIDS 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. FSID recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, taking into account children's emotional needs.)
- Visual supervision is required at all times. At least every 10 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed.
- 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 16-20 degrees.
- All babies must sleep in a cot or an approved nursery bed/mattress. Babies may not sleep in a nesting ring, car seat, pushchair, bouncy chair etc.
- Babies' heads will not be covered with blankets or bedding; babies cots will not be covered with bedding.
- Loose bedding, pillows, bumper pads etc, will not be used in cots.
- Awake babies will be given supervised "tummy time".
- Toys and stuffed animals will not be allowed in the child's cot.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for babies or any other children within the nursery. We adopt a plan to support staff to stop smoking if they do.
- All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.
- All areas where children sleep will be free from toys and in a safe place away from play.
- We will ensure a safe gap between each child's bed and that children will not sleep facing each other. Ensuring safer air flow.
- We will not use the swaddling method within the setting.
- Sleeping children will always be supervised and never left in a room unsupervised.
- Senior and management staff will complete regular checks on sleep time when staff are lone working.