



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, this nursery will practice the following Safe Sleep Policy:

To ensure the comfort and safety of all babies during sleep periods we will follow the procedures set out below:

- Discussions will be had between staff and parents on first settling in session to establish sleep requirements/routines/preferred position.
- If a baby has a medical condition that requires stomach sleep, they will be asked to provide a note from the babies' doctor that specifies the sleeping position, this note will be signed by doctor and parent and placed in the sleep area above where the child sleeps.
- The nursery will sleep babies in either cots or sleep pods and when the child is toddling will be introduced to a sleep mat. Our pods are flat, firm-based with waterproof mattress covers. Permission will be required from parents/guardians to allow us to use pods for their child's sleep time.
- Babies will always be placed on their backs to sleep unless the above agreement is in place.
- When babies can easily turn over from back to stomach, they can adopt whatever position they prefer to sleep in
- Babies will not sleep with bibs on
- Babies will not have blankets or sheets covering their faces.
- Cot mobiles will be used for babies aged 1 year or younger.
- Clean cot sheets/blankets will be used for each child.
- No babies will be left crying or distressed in a cot (on parent's request babies may be left for a maximum of 10 minutes and will be checked/reassured regularly during this time)



- Visual supervision is carried out during a baby's sleep time, looking for the rise and fall of the chest and checking if the sleep position has changed.
- The above checks will be recorded on the Safe Sleep Chart and initialized by the member of staff undertaking the check
- If a parent requests their child to sleep in a bouncer or pram, written consent will be required and kept on file.
- Sleep area to be kept clean, tidy and free from hazards.
- Child's sleep pattern is added to the family app daily.
- Steps will be taken to keep babies from becoming too warm or overheating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby. Room temperature will be kept between 16-20
- Only one baby will be in a cot at a time, except in the event of an emergency or during a fire drill
- No smoking/vaping is permitted on the premises and staff who smoke will ensure that their clothes and breathe do not smell of smoke when caring for babies
- All parents will have access to our Safe Sleep Policy