

SLEEP & SAFE SLEEPING 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/carers and child care professionals can work together to keep babies safer while they sleep, Kirsty's Little Treasures operates a safe sleeping policy that specifies a 'back to sleep' position during sleep, this is recommended by the Foundation of Sudden Infant Death Syndrome (FSIDS)

Our Safe Sleeping Policy will be shared with parents and carers at the initial settling in period and the following points will be discussed:

- the baby's sleep position at home
- the nursery "back to sleep" policy that is implemented to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- that "Back to Sleep" is recommended by the Foundation of Sudden Infant Death Syndrome (FSIDS).
- 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.
- If a baby has an unusual sleeping routine or a position that we do not adopt within KLT's i.e. babies sleeping on their tummies, we will discuss our policy with the parent/carer and ask them to sign a form to say that they have requested we adopt a different sleeping position or pattern for their baby. We respect that some children with medical conditions may need to adopt a different sleeping procedure or position.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS

Kirsty's Little Treasures will practice the following Safe Sleep Policy:

- All staff members will receive training on our Safe Sleep Policy and SIDS risk reduction during their Induction.
- Babies will always be placed on their backs to sleep unless there is a written letter from a medical practitioner to state otherwise.
- Babies will sleep at the bottom of the cot.
- Staff will be aware of the individual needs of the babies and children they care for within the setting. Sleep routines are a very intimate part of a baby's day. Babies will not be left to cry themselves to sleep or be left for long periods of time to 'drop' off to sleep.
- 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 prefer.
- 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 a 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.
- Visual supervision is required at all times. At least every 10 minutes a staff member will visually check on the child/children within the sleep room, this will be recorded upon the log. They will check the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care.

- 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, on a sleep mat or in a swing. Babies may not sleep in a play ring or car seat.
- Babies are never put down to sleep with a bottle to self-feed
- Babies heads will not be covered with blankets or bedding; babies cots will not be covered with bedding only a cellular blanket will be used and a sleeping bag if preferred by parents/carers
- Pillows, cot bumpers etc, will not be used in cots.
- Toys and stuffed animals will not be allowed in the child's cot, only the child's individual comforter
- Keeping all spaces around cots clear from hanging objects e.g. hanging cords, blind cords, drawstring bags
- A safety approved cot with a firm fitting mattress and a clean, individual sheet will be used.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breathe do not smell of smoke when caring for babies or any other children within the nursery.
- All children's shoes, hairclips/bobbles, bibs will be removed before a baby is placed within the cot.
- None of our cots are near a radiator.
- Children who use our sleep mats will follow all above guidelines and will sleep head to toe next to peers, to reduce the spread of any illnesses e.g. coughs and colds.
- All cots and sleep mats are cleaned after use

Recommended sleep requirements for children:

As taken from www.nhs.uk

Age	Daytime sleep needed	Night time sleep needed
3 months	4-5 hours	8-9 hours
6 months	3 hours	11 hours
9 months	2 hours 30 mins	11 hours
12 months	2 hours 30 mins	11 hours
2 years	1 hour 30 mins	11 hours 30 mins
3 years	0-45 mins	11 hours 30 - 12 hours
4 years	No daily sleep	11 hours 30 mins

The above information around sleep recommendations will be considered at all times and used to support the babies/child's sleep patterns.

At KLT's we recognise a parents/carers knowledge of their child with regard 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 a shorter sleep time is requested by a parent/carer then we will call their name and make some noise around them but will not physically wake them up. We strongly believe that babies and children should be allowed to wake up naturally and in their own time.

Staff will discuss any changes in sleep routines at the end of the day with parents/carers and share observations and information about children's behaviour when they do not receive enough sleep.

Sleeping twins/triplets etc

We follow the advice from The Lullaby Trust regarding sleeping siblings and we will not put them together in the same cot to sleep.

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

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