



Safe Sleep Policy 2024-2025

Little School operates a Safe Sleep Policy that specifies a “back to sleep” position. Our policy requires that the key person or Nursery Manager discuss the Safe Sleep Policy with a child’s parent or guardian before admission. All 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 to sleep, they will be asked to provide a note from the baby’s doctor that specifies the sleeping position and all staff will be notified.
- 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.

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.

It is 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. Greenfield Little School will practise the following sleep policy:

- All key persons will receive training on our Safe Sleep Policy and SIDS risk reduction.
- 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 shown to all Little School staff.

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- FSIDS recommends 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 your child's sleep routine, it will always be used at sleep times.
- Visual supervision is required at all times. At least every 10 minutes the staff will visually check on the child; looking for the rise and fall of the chest and that nothing is obstructing airways.
- 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.
- Our youngest babies will sleep in Dream Coracles. The Dream Coracles are at ground level thus limiting the risk of falls or entrapment.
- Babies and children can wake in their own time or settle themselves back off to sleep encouraging independence and self-regulation.
- Older children will use mattresses on the floor with a fitted sheet.
- Bedding will be allocated to each child and stored in their own, named, cotton drawstring bag, which will be kept in a cupboard and cleaned weekly.
- Parents can provide a sleeping bag for their child, which is in good condition and fit for purpose. This must be taken home regularly to be laundered.
- Babies heads will not be covered with blankets or bedding, coracles will not be covered with bedding.
- Pillows will not be used in Little School.
- Comforters may be used to settle a child to sleep and should not be removed once the child is asleep, however, they should be moved if they cover the child's airways.
- A firm fitting mattress and tight-fitting sheet will be used in the coracles.
- 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.

Reviewed: January 2024

Next review date: January 2025

To be reviewed by: Nursery Manager