

Safe Sleep Policy

Sample Policy Statement

Little stars on the lane

knows the importance of sleep and rest for all children in the service. We will ensure

children get sleep and rest when they may need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the children.

In keeping with best practice, we will also ensure that the cots, mattress and floor mats we use are inspected regularly and maintained to a high standard. This policy is available and communicated all parents.

Principle

This policy is underwritten by the Child Care Act 1991 (Early Years Services) Regulations 2016 and Tusla's Quality and Regulatory Framework.

Guidelines:

- The policy describes the sleep and rest facilities for children under 2 years of age and children over 2 years of age.
- The policy outlines how physical checks on sleeping children take place
- The policy outlines the prohibited equipment for sleeping children (buggies, travel cots etc.)
- The correct sleep positioning of children is described
- The sleeping environment for a child is set out
- The procedure for managing an emergency if a sleeping child is found unresponsive is set out
- The policy outlines how parents/guardians are consulted about the sleep and rest routines for their child while they are in the Little stars on the lane.
- Outline how parents/guardians are given information daily about their child's sleep patterns.

Procedure

Safe Sleep Practices for all children

- Staff will be given clear guidance on appropriate safe sleep practices at induction. Staff who care for children in Little stars on the lane are knowledgeable regarding safe sleep requirements and follow the required safe sleep practices. Ongoing safe sleep training is available to all staff.
- Children are allowed sleep/rest when they are tired and not just at dedicated times of day.
- Staff are aware of children's individual sleep needs and cues.
- Staff communicate with parents/guardians about children's sleep needs and their sleep when in Little stars on the lane.
- Children are never placed to sleep in a buggy or a travel cot. Water beds are prohibited.
- Slings are never used.
- Children will always be provided with suitable sleeping facilities away from the main play areas.
- Children's bed sheets are only used by individual children and laundered on a weekly basis or more often if they are dirty. Children's bed sheets are stored separately. Children's bed sheets are never shared.

- Children are always supervised when sleeping. Depending on the number of children sleeping a staff member may remain in the room where the children are sleeping. If there is no staff member in the room the staff have visibility of the children through a viewing panel in to the sleep room and a baby monitor and physically go in to the room every 10 minutes to observe each child.
- If there is a safety risk staff will be in the room while children are sleeping.
- 10-minute sleep checks are conducted, and staff complete a sleep record for each child, the sleep record contains the following information:
 - Timeofthecheck
 - Who carried out the check
 - The sleep position of the child
 - Any change in the child's skin colour
 - Any change in the child's breathing pattern
 - The sleep room temperature (it should be between 16-20 degrees)
- The sleep room is well ventilated, and the air is regularly changed in the room. If the sleep room is not between the required temperature (16-20 degrees), actions are taken to adjust the temperature in the room e.g. opening windows/doors, bringing in a fan or turning on a radiator or heater.
- Cots are spaced at least 50 centimetres (half a meter) apart.
- Lighting is adjustable to ensure a relaxed sleepy environment for the children.
- The sleeping practices in **Little stars on the lane** have been discussed with the local fire officer and comply with fire safety requirements.
- All rooms in **Little stars on the lane** include a rest area where children can relax away from the main activity.

Safe Sleep Practices for children over 2 years: We do not cater for children under 2 years.

- Children **over** two years of age will have access to a **stackable bed/a sleeping mat**. These meet EU safety standards. We have of stackable beds/sleeping mats.
- Sleeping mats and beds are spaced at least 50 centimetres (half a meter) apart. So that staff can easily manoeuvre around the sleeping mat to provide for the children's care needs.
- Staff will ensure no objects of strangulation or choking are present in or near the sleeping area. For example, soother cords.

Procedures for placing under 2's to sleep in a cot: We do not cater for children under 2 years however below details good practice and we follow this with our over 2s also.

- Infants will always be placed on their backs to sleep
- Infants feet will be placed at the foot of the cot to sleep
- Infants clothes are loose and light
- No bibs, bottles or soft toys are permitted in the cot
- No duvets, pillows or cot bumpers
- Soothers are used appropriately
- Infants are never placed to sleep with a bottle
- Bottles are never propped
- Only cellular blankets are used
- The infants head is never covered

- No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child.
- Controls are implemented to ensure the child does not overheat during sleep.

Procedure for managing an emergency if a sleeping child is unresponsive:

- First aid is administered, and the emergency services are contacted.
- The Manager or the person who is in charge at that time notifies the child's parents/guardians as soon as possible of the current situation.
- The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
- Staff follow the direction of the paramedical staff.
- The scene is to be left as it is. An Garda Síochána may need to investigate.
- Families of the other children attending the childcare service may need to be notified of the incident by the Manager.
- Staff support is essential following any such incident.

Supporting documents and links:

- [Child Care Act 1991 \(Early Years Services\) Regulations 2016](#)

• [Tusla: Quality and Regulatory Framework](#)

- [HSE Safe Sleep for Your Baby: Reduce the Risk of Cot Death 2016](#)
- [Safe Sleep for Under 2's](#) Monaghan, Cavan and Louth County Childcare Committees
- [Reduce the Risks of Cot Death: Early Years Safe Sleeping Guide for Childminders, Foster](#)

[Carers or a Nursery Setting](#) Scottish Cot Death Trust, 2017 • [Tusla Safety Alert: Cots](#)

Person Responsible: _____

Date implemented: _____

Document author: _____ Document approver: _____

Signed by: _____ On behalf of Management (Manager, Owner, Chairperson)

Review Date: _____ Revision number of policy: _____