

This Policy was adopted following new management at Hearts and Minds childcare.

Date Policy was created:

Changes and Review Record

Date of change or review	Changed or Reviewed by	Comments
October 2024		

Contents:

Change and review Record.....	1
Introduction.....	2
Safe sleep Policy	3
-5	
Annex 1 – Parental Information on Safer Sleep Policy.....	5-8

Introduction

We operate a Safe Sleep Policy that specifies the 'Back to sleep' position. Our Policy requires that the key person discusses the Safe Sleep Policy with the child's parents or guardian before admission. Parents **MUST** sign a statement that they have received a copy of the policy and that the policy has been discussed with them during their first settling in session. All key persons working in our nursery are required to receive induction training on 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 FSID
- Tell 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 stomachs or side.
- Some Babies have medical conditions that require stomach sleeping. If the parent insists that their baby is placed in his/her stomach or side to sleep, they will be asked to provide a note from the babies' doctor that specifies the sleeping position; this note will be held in the children's file within the office and a note will be attached on the baby's whiteboard.
- If parents have further questions about SIDS and infant sleeping positions, they will be provided with the phones number for FSIDS and the national back to sleep campaign.
- Review of the safer sleep policy
- Lullaby Trust UK.

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 babies' medical history.

In the belief that proactive steps can be taken to lower the risks of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep, our nursery will practice the following safe sleep policy:

- All key persons will receive training on our Infant 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 their file. A copy of the note will be placed in the babies sleep area. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.
- FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your child's key worker about your preference when the baby turns on his/her side or stomach.
- FSID 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 the child's emotional needs)
- Visual supervision is required at all times and a member of staff will remain in the room to supervise sleepers. Babies and young children will be checked at least every 10 minutes by their key worker or practitioner within the room they will visually check the child by looking for the rise and fall of the chest and if the sleeping position has changed. These checks will be recorded on the sleeping chart and initialled by the member of staff. We will be especially alert to monitoring a sleeping baby during the first few weeks the baby is in our setting.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not over dressing or over wrapping the baby; the room temperature will be checked and recorded before the children go to sleep and then be monitored throughout sleep time; room temperature will be kept between 16-20 degrees.
- All babies must sleep in a cot or an approved surface, babies will not sleep in nesting rings, car seats or bouncy chairs etc
- Laid feet to foot end of cot, head not at the top.

Research from the Lullaby Trust UK, have advised that cot death can occur (rarely) when using car seats, bouncy chairs and buggies when the baby head drops and caused suffocation. Car seats and buggies do not allow the child to move comfortably when sleeping and cannot be cleaned effectively. It needs to be clear from the onset and be included in the policy the setting position on this.

- Babies head will not be covered with blankets or bedding; babies cots will not be covered with blankets or bedding.
- Under 1's to be on a firm mattress
- Loose bedding, pillows, bumper pads etc, Will not be used in cots. We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cot under the arms.
- Each child will be allocated bedding which will be named and washed weekly (more if needed)
- Sleeping children will not be woken unless requested to do so by the parents (this will be discussed sensitively with the parents and the key person)
- Toys and stuffed animals will not be allowed in the child's cot or sleeping space
- Babies will use comforters to go to sleep but will then be removed from the sleeping space.
- A safety approved cot with a firm mattress and tight-fitting sheet will be used for younger babies. Cot mattress will be cleaned and sanitised regularly.
- Only one baby will be in the cot at a time, except in the event of an emergency or during a fire drill.
- 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.
- All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.
- All parents of babies cared for in this nursery will be asked to sign to confirm that they have received, read and understood the Nursery safe sleep policy and that their Childs Key person, Room Supervisor or Nursery Manager has discuss this policy with them.

Annex 1 - Parental Information on Safe Sleep Policy

The following annex will be issued and discussed with all parents of babies prior to admission.

Hearts and Minds
Billinge House
Euxton Lane
Euxton
Lancashire
PR& 6DL

At Hearts and Minds Childcare we operate a Safe sleep policy that specifies a “Back to sleep” position.

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 babies’ medical history.

In 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, Hearts and Minds will practice the follow safe sleep policy:

- All key workers will receive training on our Infant Safe Sleep Policy and SIDS risk reduction.
- Babes will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed in the babies sleep area. If the child is under 6 months of age, this waiver must

be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.

- FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your key person your preference when the baby turns onto his/hers side or stomach.
- FSID recommends that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms a 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. (The key person will work with parents to phase out dummies sensitively, taking into account the children's emotional needs)
- Visual supervision is required at all times, a member of staff will remain in the room supervising the children. They will be monitored every 10 minutes the member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleeping position changed. These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check. We will especially alert to monitoring a sleeping baby during the first few weeks the baby is in our nursery.
- 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 degree)
- All babies must sleep on an approved surface. Babies may not sleep on a soft surface, nesting ring, car seat, bouncy chair.
- Laid feet to foot end of cot/ head not at the top

Research from the Lullaby Trust UK, have advised that cot death can occur (rarely) when using car seats, bouncy chairs and buggies when the baby head drops and caused suffocation. Car seats and buggies do not allow the child to move comfortably when sleeping and cannot be cleaned effectively. It needs to be clear from the onset and be included in the policy the setting position on this.

- Babies head will not be covered with blankets or bedding; babies cots will not be covered with blankets or bedding.
- Under 1's to be on a firm mattress
- Loose bedding, pillows, bumper pads etc, Will not be used in cots. We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cot under the arms.

- Each child will be allocated bedding which will be named and washed weekly (more if needed)
- Sleeping children will not be woken unless requested to do so by the parents (this will be discussed sensitively with the parents and the key person)
- Toys and stuffed animals will not be allowed in the child's cot or sleeping space
- Babies will use comforter to go to sleep but will then be removed from the sleeping space.
- A safety approved cot with a firm mattress and tight-fitting sheet will be used for younger babies. Cot mattress will be cleaned and sanitised regularly.
- Only one baby will be in the cot at a time, except in the event of an emergency or during a fire drill.
- 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.
- All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.
- All parents of babies cared for in this nursery will be asked to sign to confirm that they have received, read and understood the Nursery safe sleep and that their Childs Key person, Room Supervisor or Nursery Manager has discuss this policy with them.

I, the undersigned parent/ Guardian of _____ (Childs name)
do hereby state that I have read and received a copy of the Nursery Safe Sleep Policy and
that's my child's Key person or Manager has discussed the policy with me.

Childs Date of admission: _____

Parent/Guardian Signature: _____

Date: _____

Managers Signature: _____