



BUXTON NURSERY

Safe Sleep Policy

At Buxton Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies sleeping is paramount. Our policy follows the advice provided by the Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that....

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping. Checks are recorded every 15 minutes and babies are never left in a separate room without staff supervision at all times
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.
- As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety approved cots or other suitable sleeping equipment (mats) that are compliant with British Standards regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Only letting babies sleep in pram/pushchair if they lie flat and we have parent's written permission
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects – hanging cords, blind chords, draw string bags
- Ensuring every baby/toddler is provided with clean bedding
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy
- Blankets are not placed over cots or prams to ensure that we can see the child at all times and to ensure the blanket cannot fall on the child

We ask parents to share details on their child's sleeping routines with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in nursery (babies sleeping on their tummies), we will explain our policy to parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In which case we would ask them to sign to say they have requested we adopt a different position or pattern.

We recognise parents' knowledge of their child with regard to sleep routine 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.

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

Sleeping twins

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

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

Daily Sleep Routine information for staff

- Each child has a red bag with a blanket and sheet
- Cotton sheets and lightweight blankets should be used so that child's comfort can be maintained by removing or adding layers
- Place the child's bedding on the bed/cot and place the child on their backs to sleep
- Do not let the baby/child get too hot or too cold
- Keep child's head uncovered when sleeping
- To prevent the child from wriggling down under the covers, Place the child's feet at the foot of the cot/bed and make up the bed so that the covers reach no higher than the shoulders
- Covers should be securely tucked in so they cannot slip over the child's head
- Record child's sleep time on the sleep chart and check every 15 minutes recording each check on the chart by ticking and initialling
- Remove bedding after each use and place in their red bag unless dirty.
- Place all bedding at the end of the week in the laundry basket.
- Children may go to sleep in a pram/pushchair as long as it lies flat and we have written consent from parents.

Policy adopted on _____

It will be reviewed on _____

Signed _____ (Manager)