



Safe Sleep Policy

Daisychains Nursery
St Georges Primary School
Chequers Road
Minster
Sheerness
Kent
ME12 3QU

This policy was adopted at a meeting of the Daisychains Nursery Committee.

Date of Meeting:

Date Policy To Be Reviewed:

Signed On Behalf of Nursery:

Name of Signatory:

Role of Signatory:

Change and Review Record

Date of Change or Review	Changed or Reviewed By	Comments

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Introduction

We operate a Safe Sleep Policy that specifies the "back to sleep" position. Our Policy requires that the key person discuss the safe Sleep policy with a child's parent 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. All key 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 FSIDS.
- 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 stomach or side.
- Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby is placed on his\her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position; this note will be placed in the sleep area above where the child sleeps.
- 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.
- Review of the baby Safe 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 the baby's 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, this 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 file. A copy of the waiver will be placed in the baby's 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\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 children's emotional needs.)
- Visual supervision is required at all times. At least every 10 minutes the key person or any member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check. We will be 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 68-72°F degrees (16-20°C).
- All babies must sleep in a cot or on an approved surface. Babies may not sleep in a nesting ring, car seat, bouncy chair etc.
- Laid feet to foot end of bed/cot, head not at the top.

Research from The Scottish Cot Death trust (2004) and Lullaby Trust UK, have advised that cot death can occur (rarely) when using car seats, bouncing chairs and buggies when the baby's head drops and causes 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 settings position on this.

- Babies heads 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 NOT a snuggle nest.

- 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 cribs.
- Clean sheet per child shown by picture of child washed weekly (more if needed).
- Sleeping children not to woken unless emergency or going home.
- Awake babies will be given supervised "tummy time".
- Toys and stuffed animals will not be allowed in the child's cot.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used. Cot mattresses will be cleaned daily and sanitised between children. Cots will be cleaned weekly. All babies will have their own bedding that is laundered weekly and changed as often as required.
- Only one baby will be in 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 breathe 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 child's Key Person, Room Supervisor or Nursery Manager has discussed the policy with them.

Annex 1 - Parental Information on Safe Sleep Policy

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



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

Child's Date of Admission: _____

Parent/Guardian Signature: _____

Date: _____