

Safer Sleeping Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined.

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep babies safer while they sleep Wood St Nursery will practice the following sleep policy:

- All key persons who work with Willows and Chestnut children (11 months to 3 years) will receive induction on our Safe Sleep Policy and SIDS risk reduction.
- Babies will always be placed on their backs to sleep.
- FSIDS recommends that 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.
- All babies who use a dummy will be offered it at sleep time. 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. 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. But we do not recommend that this coincides with starting / settling into nursery)
- Sleeping children will be actively supervised at all times. A member of staff will be rostered to be in the room where children are sleeping and will visually check on the children; looking for the rise and fall of the chest and to see if the sleep position has changed. This will be done every 15 minutes.
- We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care. As this is identified by as a period of high risk.
- Steps will be taken to keep babies/children from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby.
- All children will sleep on an approved nursery bed with a fitted sheet, or in a pushchair if this is their preference.
- Babies heads will not be covered with blankets or bedding.
- 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 or any other children within the nursery.
- This policy is informed NHS advice for safety of sleeping children:
'<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infantdeath-syndrome/> and NHS advice on Sudden Infant Death Syndrome: <https://www.nhs.uk/conditions/sudden-infant-deathsyndrome-sids/>