

## 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 childcare 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 Safer Sleeping Policy.
- Babies will always be placed on their backs to sleep. 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, as using a dummy at the start of any sleep period may reduce the risk of cot death. If a dummy forms part of your child's sleep routine, it will always be used at sleep times. The key person will, if desired, work with parents to phase out dummies sensitively, taking into account children's emotional needs, but not for the first six months at nursery due to the associated risk.
- 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 10 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 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:

[Sudden infant death syndrome \(SIDS\) - NHS](#)

Practitioners may also find it helpful to read NHS advice on safety of sleeping children:

[Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS](#)

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