



<b>Name:</b>	<b>Date written:</b>
<b>Safe Sleep Policy</b>	<b>Jan 2023</b>
<b>Written by/Reviewed by:</b>	<b>Date of Review:</b>
<b>Louise Lloyd-Evans/Emma Holmes</b>	<b>15/9/23</b>
<b>Policy Statement</b>	
Young Friends Kindergarten operates a Safe Sleep Policy that specifies “back to sleep” position. Our policy requires that the key person or manager discuss the Safe Sleep Policy with a child’s parent or guardian before admission and check individual needs.	
<b>Aims and Purpose</b>	
This policy is in place to ensure the staff are following the current government guidelines with regards to safe sleeping positions for young babies. When children become older they are able to settle themselves into a sleep position.	
<b>Applicability</b>	
Staff Parents Children	
<b>Definition of Terms</b>	
<b>Sudden Infant Death Syndrome (SIDS):</b> 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.	
<b>Overview</b>	
<b>Initial Engagement</b> <b>General Procedures</b>	
<b>Procedures</b>	
<p>Initial Engagement</p> <p>During the settle period for a very young (or immobile) baby the following will be discussed:</p> <ul style="list-style-type: none"> <li>• Ask about the baby’s sleep position at home</li> <li>• Explain the nursery “back to sleep” policy that is implemented to reduce the risk of Sudden Infant Death Syndrome (SIDS).</li> <li>• Tell the Parents that “Back to Sleep” is recommended by the Foundation Of Sudden Infant Death Syndrome (FSIDS).</li> <li>• Inform 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.</li> <li>• Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on their 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 within the baby area or sleep room.</li> </ul>	

- 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.

#### General Procedures

- All key persons will receive training on our 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 will be given to the key person.
- 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 when the baby turns onto his/her side or stomach.
- 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.)
- Visual supervision is required at all times. At least every 15 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care. CCTV is also on in the office.
- 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. The current advised safe sleep temperature is between 16 -20°C.
- All babies must sleep in a cot or an approved bed/mattress. Babies may not sleep in a nesting ring, car seat, bouncy chair etc.
- Babies heads will not be covered with blankets or bedding; babies cots will not be covered with bedding.
- Loose bedding, pillows, bumper pads etc, will not be used in cots.
- Awake babies will be given supervised "tummy time".
- Toys and stuffed animals will not be allowed in the young baby's cot.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used.

- 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 caring for babies or any other children within the nursery.
- Our cot mattresses are replaced every 5 years.

### **External Links and Organisations**

**Foundation Of Sudden Infant Death Syndrome: 020 7233 2090**

### **Relevant Policies and Documents**

Health and Safety Policy  
Safeguarding Children Policy  
Parent Partnership Policy  
Settling In and Transitions Policy  
Key Person Policy

### **Authorisation**

Signature:



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