



Policy on Safe Sleep

Version 1:

Board Approval: August 2019

Due for Review: August 2021

Responsibility of: Childcare Development Manager

Policy Statement

Finglas Childcare Ltd knows the importance of sleep and rest for all children in our Early Years Settings (EYS). We will ensure that all children in our care get either sleep or rest when they need it regardless of age. We will work with the family on their child's sleep/rest pattern and will always work in the best interest of the children. In keeping with best practice, we will also ensure that the cots we use are inspected regularly and maintained to a high standard.

Rationale

The basis for this policy is that Finglas Childcare Ltd(FCL) believes strongly in keeping children safe when they are in our care. This Policy on Safe Sleep specifies the way safe and suitable sleeping arrangements are provided for children attending Finglas Childcare Ltd's Early Years Settings (EYS).

This policy is developed in line with best practice guidance from First Light and Safe Sleep for your baby-Reduce the Risk of Cot Death(HSE 2017) to ensure that Finglas Childcare Ltd complies with the Childcare Act 1991(Early Years Services) Regulations 2016 that requires Early Years Settings (EYS) to have a policy on Safe Sleep.

Scope of Policy

The Policy on Safe Sleep includes:

Where it is available and how it will be communicated to parents and guardians

It describes the correct sleeping position of children, according to up-to-date professional practice

It describes the children's comfortable sleep environment

It sets out how children are supervised at all times when sleeping

It describes the sleep facilities for children

It states equipment prohibited for sleeping children



The procedures for managing an emergency if a sleeping child is found unresponsive is included in the critical incident plan.

Policy, Practices & Procedure

Senior Early Years Practitioners will be given clear guidance on appropriate safe sleep practice. They will inform any new staff of these at induction. This Policy will be available at reception of the Early Years Setting (EYS) for all staff, parents and guardians. Children are allowed sleep/rest when they are tired and not just at dedicated times of the day.

Children under 2 years of age have access to a standard cot located in the sleep area of the nursery room that meet EU safety standards. Children over 2 years will have access to a suitable alternative that also meet EU safety standards. All sleeping children will be visually checked. Sleeping children will be checked by entering the sleep room, every 10 minutes. The sleep information will be recorded on a Sleep Chart. The child's breathing; pallor and position will be recorded along with the temperature of the room. Staff will ensure that babies are lying on their back, that their feet are at the foot of the cot and that their heads are uncovered. We will check to see if the child's skin colour is normal, watch the rise and fall of the chest to observe breathing and look to see if the child is sleeping soundly. We will check the infant for signs of overheating including flushed skin colour, body temperature by touch and restlessness. The Sleep Chart will show the time of the check and the staff member who carried out the check. The Sleep Chart will be kept on file for one month. Depending on location viewing panels or listening devices will also be used.

Steps will be taken to keep children from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing the child.

Safe Sleep Environment

- Room temperature will be kept between 16- 20° Celsius and a wall mounted thermometer will be kept to record room temperatures.
- No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child.
- Cots or suitable alternatives will be at least .5 metres apart so that staff can easily manoeuvre around them to meet children's needs.



- No buggies, sofas or beanbags will be used in place of a cot/suitable alternative.
- There will be no objects, toys or hanging objects on the cot.
- Soothers will be used appropriately. No bibs or bottles in cots.
- Outdoor clothes and footwear are to be removed from cot.
- Cots will be regularly cleaned.
- Children will not share bedding. Bedding will be laundered weekly or more often as necessary.
- All cots/toddler beds will be covered by a sheet and each child will provide their own cellular blanket that will be laundered once a week or more if necessary. No duvets or bumpers will be used.
- Cots/Beds will be checked regularly for damage and discarded as necessary

I acknowledge that I had read and understand the Policy Document.

1) _____

Date: _____