

## **21.0 Safe Sleep Policy**

### **Introduction**

We operate a Safe Sleep Policy that specifies the "back to sleep" position. Our policy requires the key person to discuss the Safe Sleep Policy with a child's parent or guardian before the child starts nursery. Parents must sign a statement confirming they have received a copy of the policy and that it has been discussed with them. All Early Years educators working in our nursery are required to receive induction training on the Safe Sleep Policy.

When introducing or sharing the policy with parents, the following will be discussed:

#### **Babies under one**

- Ask about the baby's sleep position at home.
- Explain the nursery's "back to sleep" policy, which is implemented to reduce the risk of sudden infant death syndrome (SIDS).
- Inform parents that, while most babies are fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side.
- Highlight that some babies may have medical conditions requiring stomach sleeping. If parents insist their baby is placed on their stomach or side, they must provide a note from the baby's doctor specifying the sleeping position. This note will be placed on the sleep chart.
- Provide parents with contact information for sudden infant death syndrome (SIDS) and the National Back to Sleep Campaign for further questions about SIDS and infant sleeping positions.

#### **Policy Details**

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby, with no determined cause after an autopsy, an investigation of the place of death, and a review of the baby's medical history.

To lower the risk of SIDS in childcare settings, this Nursery follows the following Safe Sleep Policy:

- **Staff Training:**  
All Early Years Educator will receive training on the Infant Safe Sleep Policy and SIDS risk reduction.
- **Sleep Position:**

- Babies under one, will always be placed on their backs to sleep unless there is a signed medical waiver specifying a different position.
- A copy of the waiver will be placed in the baby's profile.
- **Tummy Sleeping:**
  - When babies can easily roll from back to stomach, they can adopt their preferred sleep position. SIDS recommendations will be followed, and preferences will be discussed with the key person.
- **Supervision:**
  - A member of staff will always be within sight and hearing range of the child.
  - At least one member of the team must supervise sleepers.
- **Temperature Regulation:**
  - Room temperature will be kept between 68-72°F (16-20°C), where possible and the use of fans is permitted during hot weather.
  - Excess bedding and overdressing will be avoided to prevent overheating.
- **Approved Sleep Surfaces:**
  - Babies that are under one, must sleep in a cot.
  - Car seats, bouncy chairs, and similar items are not suitable for sleep.
- **Position in Cot:**
  - Babies will be placed feet-to-foot in the cot (feet near the foot of the cot).
  - Blankets will be tucked in securely and will not cover the baby's head.
- **Bedding:**
  - Only firm mattresses will be used, with a fitted sheet.
  - Each baby will have their own bedding, washed daily.
- **Toys and Stuffed Animals:**
  - Toys and stuffed animals will not be allowed in the cot to reduce risk.
- **Cleaning:**
  - Cot mattresses will be cleaned daily and sanitised between uses.
  - Cots will be cleaned weekly.
- **Emergency Exceptions:**
  - Only one baby is allowed in a cot at a time, except during emergencies or fire drills.
- **Parental Agreement:**
  - All parents will receive a written copy of the Safe Sleep Policy before starting.
  - Parents will sign to confirm they have read and understood the policy, and that it has been discussed with the key person or Nursery Manager.

## Parental Acknowledgment

I, the undersigned parent/guardian of **(child's name)** confirm 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:** \_\_\_\_

Policy Name	The Safe Sleep Policy
Version Number	V1
This policy was developed by	Governance Group
These people were consulted/ involved in developing the policy	Staff at The Lloyd Park Centre and The Higham Hill Centre
This Policy was adopted by	Trustee Board Reviewed by Senior Leadership Team
Date	May 2025
Signed	
Name	Bisi Oyekanmi
Role	Chair
Next Review Date	May 2026