

## Safer Sleep

At Raised In we believe that children should have a safe space to sleep which allows them to have enough sleep to support growth and development in a safe environment.

The safety of babies and children sleeping is paramount. Our policy follows the advice provided by the Lullaby Trust and NHS to reduce the risk of Sudden Infant Death Syndrome (SIDS) and promote safer sleeping for all children.

In this policy, we refer to a baby as anyone under the age of one and a child as anyone over the age of one.

### Supporting Safer Sleeping

To support safer sleeping we ensure that:

- Babies and children are placed on a firm, flat surface to sleep as this is the safest place to sleep.
- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, you should turn them onto their back again. However, once a baby can roll from back to front and back again, on their own, they can be left to find their own position ensuring at first the baby is always placed on their back to sleep. Babies should be placed in a 'feet to foot' position in the cot.
- Removing any objects that could restrict babies and children's airways e.g., bibs, teething necklaces, hooded jumpers and dummy strings.
- Ensuring that babies and children do not have anything in their mouths and the room is clear of all choking hazards. In addition, checking their hands to see that they are not carrying anything to bed.
- Babies/children are never left alone to self-feed a bottle in the sleep room.
- Babies/children are always in hearing distance either sleeping in the same room as an Educator or through a monitor.
- Visual checks for every baby and child are carried out by an Educator at least every ten minutes whilst asleep. We will log all visual checks on our sleep record, sleep records are kept for 1 week.

- When we carry out visual checks, we will ensure that we are looking for rise and fall of the chest, the child's sleep position, that no blanket or items are covering the child's face and they have no items on that are restricting their airway

## **Sleeping Environment**

To provide the best possible sleeping environment we:

- Check before babies and children are put to sleep a risk assessment is carried out of the area to ensure that it is safe for sleep, checking for any dangers e.g., making sure mats and bedding are in good repair, the area is free from clutter, there are spaces between the beds so Educators can carry out sleep checks effectively.
- Monitoring the room temperature, 16 to 20 degrees is an ideal temperature.
- Use clean, light bedding/blankets and ensure babies and children are appropriately dressed for sleep to avoid overheating. When using bedding we ensure that bedding is shoulder height for babies and tucked under their arms. We ensure that no bedding or comforters are covering babies' or children's faces.
- Only using safety-approved cots or other suitable sleeping equipment (i.e., pods, travel cots or mats) that are compliant with British Standard regulations.
- We never let babies or children sleep in car seats and will always transfer them to a safe sleep position. If children or babies need a pram to fall asleep, as soon as they are asleep, we will transfer them to a safe sleep place. This is because the safest place for babies and children to sleep is on a firm flat surface. Only in exceptional circumstances may we allow a baby or child to sleep in a pram, in these instances, consent must be gained from the manager and written consent given from the parent/carer.
- We do not use cot bumpers or clutter cots with soft toys, although comforters will be given where required.
- Keep all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Transfer any baby or child who falls asleep whilst being nursed by an Educator to a safe sleeping surface to complete their rest.
- Have a no-smoking policy.

## Supporting Babies and Children's Sleep at Nursery

During a baby's/child's Settling-in Session at the nursery, we will discuss with parents/carers their baby's/child's sleep routine and continually review and update this.

If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. sleeping on their tummy, we will explain our policy to the parents/carers and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so, in which case we would ask them to sign to say they have requested that we adopt a different position.

We recognise parents'/carers' knowledge of their child concerning sleep routines and will, where possible, work together to ensure each child's individual sleep routine and well-being continues to be met. However, the team will not force a child to sleep or keep them awake against his or her will.

The team will discuss any changes in sleep routines at the end of the day and share observations about the length of children's sleep.

---

**Signed:** Nicola Brimble, Head of Nursery

**Date:** 12 December 2023

**Review Date:** December 2024

**This policy links to:** Learning Through Play Policy, SEND Offer, Health and Safety Policy and Risk Assessment Policy.