

## **‘Safer Sleeping & Buggy Usage’**

*At Shalfleet Little Explorers, & Little Stars Preschool we understand that sleep supports babies and young children’s development and ensuring a safe sleeping routine for all children is paramount. We aim to support children in getting enough sleep to support their development and reflect their natural sleeping rhythms in a safe environment. This guidance has been developed to minimize the risk of Sudden Infant Death (SUDI) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework. The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimize the risk of sudden infant death syndrome (SIDS).*

*Prior to every child being placed to sleep, a risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure.*

### **To promote safe sleep on every occasion practitioners will ensure:**

- As good practice babies under six months or a new baby during the first few weeks at nursery, will not be left unsupervised until we are familiar with the child and their sleeping routines. This is because the baby is at more risk of SUDI during this ‘out of routine’ period and more regular checks will provide reassurance for the child, family and the practitioner.*
- Babies/young children are never left alone or put down to sleep with a bottle/feeding cup to self-feed.*
- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, advice from Lullaby Trust advises, initially you should gently place them onto their back again. However, once a baby can independently roll from back to front and back again, they can be left to find their own natural sleep position. By providing supervised time for them to play on their tummy while they are awake will help us assess when they can safely roll from back to front.*
- Babies are placed with their feet at the foot off the cot.*
- Babies/young children sleeping in a separate sleep room are never left unsupervised.*
- **AND/OR***
- Babies/young children are continually monitored visually and audibly when sleeping via a monitor &/or physical checks.*
- Physical checks are recorded every 10 minutes and as good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families*
- When monitoring the baby/young child’s welfare, we will look for the rise and fall of the chest and if the sleep position has changed.*
- Where a child has a dummy, check it is not obstructing the babies/ young child’s breathing, as good practice, we will remove the dummy once the child is asleep.*
- Where a practitioner has any concerns regarding the safety of a child’s sleep pattern or routine, they will ask questions and take action.*
- Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.*

### **Provide a safe sleeping environment by:**

- Monitoring the room temperature to check it is not too hot or cold*
- Using clean, light bedding/blankets and ensuring babies/young children are appropriately dressed for sleep to avoid overheating.*
- Only using safety-approved cots or other suitable sleeping equipment that is compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.*
- Carry out daily checks on the condition of cots, mattresses and sleeping equipment and take action if they are damaged or unsafe to use.*



**Provide a safe sleeping environment by (continued):**

- *Checking dummies or comforters are in good / safe condition. Babies and young children can choke on damaged dummies and lose threads in blankets.*
- *Keeping sleep spaces/ areas clear by not using cot bumpers or leaving soft toys in cots.*
- *Keeping all spaces around cots and beds clear from potential hazards for example, drawstring bags/nappy sacks/plastic bags.*
- *Ensuring every baby/ young child is provided with clean bedding*
- *Transferring any baby/ young child who falls asleep while being nursed/ at mealtime or during play to a safe sleeping environment.*
- *Having a no smoking policy to ensure babies/ young children are not subject to passive inhalation of smoke fumes.*
- *Ensuring procedures are in place to ensure staff uniforms or clothing do not smell of smoke. This may include staff changing out of their uniform/work clothes prior to a break if they are to smoke or be in a smoke-fume environment during their break.*
- *In line with national safety guidance, we do not allow children to sleep in buggies or pushchairs, as these are not considered safe sleep environments. To ensure the highest standards of safety and reduce any associated risks, all children must sleep in our designated safe sleep area. We recognize that some children may require additional support to settle; therefore, in exceptional circumstances and as a last resort, staff may gently rock a child in a buggy to help them drift off. However, once the child is asleep, they will be immediately transferred to a cot or sleep mat to continue their rest safely*

**Unexpected situations:**

During trips/outings where a child does fall asleep in a buggy and cannot be moved to a safe sleep space, perhaps when attending a group or on an outing, you should ensure:

- *The buggy is placed next to / backs onto a wall to reduce the risk of tipping over.*
- *The buggy is put into a lying flat position*
- *You can see and hear the child at all times.*
- *Children playing nearby are not able to climb onto the buggy or into the buggy.*
- *The period of time the child sleeps in a buggy is kept to a minimum and they are transferred to a safe sleeping position as soon as possible.*

*Providing shade for infants sleeping in a buggy or pram:*

- *Do not cover a buggy with a blanket or cloth to reduce the light to encourage sleep or to provide shade, this raises the temperature significantly inside the buggy and increases the risk of babies and children overheating.*
- *The use of a blanket or cloth to cover the buggy also restricts the view of the baby or young child.*
- *Always use a sunshade that is manufactured specifically for use with a baby or young children. If using a parasol, remember to reposition the buggy or parasol as the sun moves, to ensure the child remains in the shade.*

**Where an older child falls asleep during play for example, in the home corner/quiet place you will need to consider:**

- *Are they at risk of harm in the place they have fallen asleep – can you make the environment safe without moving the child?*
- *Is it safe for both the practitioner and the child to physically move the sleeping child considering their size, weight etc.*
- *Consider waking the child to support them to move to a safe sleep space e.g. onto a mattress.*

*Sleeping routines will be reviewed and updated at timely intervals to reflect the baby/young child's changing needs. This may be at the request of the parent or the key person. Any requests from a parent for a baby/young child to adopt a sleeping routine not supported by this policy will be agreed in discussion with the parent/ key person and a manager. Where applicable medical advice will be sought.*

*We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.*

*We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep unless requested by parents/carers.*

*Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.*

*Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.*

### **Sleeping twins**

*We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.*

Further information can be found at: <http://www.lullabytrust.org.uk>

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>[Insert date]</i>		<i>[Insert date]</i>



The Federation of the Church Schools of  
Shalfleet and Freshwater & Yarmouth

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