



Little Learners
at Greenhall Nursery

SAFE SLEEP POLICY

“During sleep there’s even more activity and more learning going on in an infant’s brain than an adults.” “Karmiloff – Smith (2010)”

When young children are sleeping they are learning by consolidating information taken in during the day. “Music (2011)”

We operate a Safe Sleep Policy that specifies the “back to sleep” position. Our policy requires that the key persons discuss the Safe Sleep Policy with a child’s parent or guardian before admission. All Key People working in our nursery are required to receive induction training on the Safe Sleep Policy.

It is important that everyone involved understands the acronym used in this policy for the implementation to be relevant;

SIDS- Sudden Infant Death Syndrome.

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

- The baby’s sleep position at home. We ask that parents and guardians discuss with their Key Person and or Room Leader their preference when / if their baby turns onto his/her side or stomach.
- Explain that the nursery “back to sleep” policy is implemented to reduce the risk of SIDS.
- Tell the parent or guardian that “Back to Sleep” is recommended by The Lullaby Trust
- Inform the parent or guardian 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.
- Some babies have medical conditions that require stomach sleeping. If the parent or guardian insists that their baby be placed on his/her 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 in the child’s individual file.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the details of The Lullaby Trust.

Sudden Infant Death Syndrome (SIDS) is 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.

We believe that proactive steps can be taken to lower the risk of SIDS in child care settings. We also believe that that parents or guardians and child care professionals can work together to keep babies safer while they sleep. Therefore, Little Learners will practice the following Safe Sleep policy:

- All key persons will receive training on our Infant 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. If the child is under six months of age, this waiver must be signed by the child's doctor; a parent or guardian's signature is accepted for children over the age of six months.
- It is recommended that babies are placed on their backs to sleep, but when they can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation; please discuss with your Key Person your preference when and if your baby may turn onto his/her side or stomach.
- Babies will always be put down in the cot in a feet to foot position
- Visual and auditory supervision is required at all times. Key People must visually check on a sleeping baby or child a minimum of every 10 minutes. They will be required to look for the rise and fall of the chest and if the sleep position has changed. Sleeping positions will be documented on the Safe Sleep chart and initialled by the Key Person or the Buddy Key Person. We will be especially alert to monitoring a sleeping baby during the first weeks in our nursery.
- 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 room temperature will be kept, in accordance with recommendations; at about 18°C (65°F) is comfortable. Babies do not need hot rooms. They do not need to wear a hat indoors nor sleep under a duvet or quilt.
- All babies and young children who sleep at Little Learners should sleep in a cot or on a specific and approved surface. Staff members looking after babies are encouraged to avoid situations where babies may sleep in a nesting ring, car seat, bouncy chair etc. We do however recognise that this sometimes can be unavoidable or may go against where a baby may have naturally fallen asleep or feels most comfortable. Such situations will be carefully monitored to reduce any risk to a baby or child, with the understanding that a sleeping baby or child may be moved into a cot or onto an approved surface where possible.

- Babies’ heads will not be covered with blankets or bedding, and babies’ cots will not be covered with blankets or bedding. Babies will have individual bedding that is regularly washed and will never be put down to sleep with a bottle to self-feed. We do however recognise that some young babies and children have particular sleep patterns at home that may go against our policy. Any such situation will need to be closely and sensitively discussed with both the Room Leader and Parent or Guardian to find a solution. Management advice and involvement may be called upon if needed. The outcomes of any such instance must be documented and staff members working with this child must be informed.
- Loose bedding, pillows, bumper pads etc. will not be used in cots. We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cribs.
- Awake babies will be given supervised “tummy time” as part of their physical development.
- Toys / stuffed animals will not be allowed in the child’s cot unless it is their comforter.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used.
- Only one baby will be placed in a cot at a time, except in the event of an emergency or during a fire drill.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for babies.
- This policy will be available on our website and in the entrance foyer of Greenhall.

Policy approved 4/9/18. Reviewed and approved by Headteacher on 16/6/2021.

Signed: Date: