

The Old School House Nursery Infant / Toddler Safe Sleep Policy

Policy re-written June 2018

Review date June 2019 unless guidance changes.

Sudden Unexpected Infant Death Syndrome (SUIDS) 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 clinical history. SUIDS is rare, but it can happen.

Child care providers can maintain safer sleep environments for babies, toddlers and young children that help to lower the chances of SIDS by providing a safe sleep policy, which is shared with parents / carers.

Safe Sleep Practices

1. All child care workers working in the infant community will receive training on our infant safe sleep policy.
2. Infants will always be placed on their backs to sleep, unless there is a signed, sleep position medical waiver on file, provided by your GP or Paediatrician, stating clearly why your child should not sleep on their back. In that case, a waiver notice will be posted at the infants crib and the waiver filed in the infants file.
3. Whilst children will be placed on their back, once babies / toddlers can easily turn over from back to the stomach, they can be allowed to adopt whatever position they prefer for sleep.
4. Sleeping children will be accompanied at all times and visual checks will be carried out through continuous observation, observations will be recorded on sleep sheets and shared with parents at the end of the day.
5. Visual checks will include checks to see if the infants' skin colour is normal, watch the rise and fall of the chest to observe breathing and look to see if the infant is sleeping soundly. We will check for signs of overheating including skin flushed skin colour, body temp by touch and restlessness.
6. Steps will be taken to avoid over heating by regulating room temperature, avoiding excess bedding and not over-dressing or over wrapping the infant.

Safe sleeping environment:

7. Room Temperature will be kept between 16-20 c - Climate control in our infant community and all other areas of the setting facilitate this.
8. Infants / sleeping children's heads will not be covered with blankets or bedding. Cribs will not be covered with blankets or bedding. If requested we may use sleep sacks instead of a blanket, which is fixed at the child's shoulder and therefore avoids the possibility of them moving down under blankets. Babies and very young children will be placed in a "feet to foot" position.
9. No loose bedding, pillows, bumpers pads, etc., will be used in cribs or curricles. We will fold young infants blankets at the base of the cot bed and place them low down to avoid them wiggling down under blankets.
10. Toys and stuffed animals will be removed from the crib when children are sleeping. Pacifiers will be allowed in infants cribs while they sleep.

Dribble bibs will also be removed from around the neck and head bands removed from children's heads.

11. A safety-approved crib with a firm mattress and tight fitting sheets will be used at all times
12. Only one child will be in a crib/cot/curricles at a time, **unless we are evacuating the building in an emergency . In an emergency situation all sleeping children will be woken.**
13. No smoking is permitted anywhere on the nursery premises.

14. All parents / carers / guardians of children cared for by the infant community will receive a written copy of our Infant / Toddler Safe Sleep Policy before enrolment.

SUMMARY OF SAFE SLEEP POLICY:

Children will sleep alone in individual cot / sleep space.

No smoking on site

No pillows, stuffed animals toys or bumpers will be present

If blankets is to be used, it will be tucked in and only as high as babies chest

No heavy or loose blankets will be used

Crib / cot sheets will fit tightly over mattresses

All mattresses will be firm and meet current regulations

Babies and young children will sleep in a safe infant bed / curricie

Room temperature will be monitored at all times and any necessary actions will be taken to maintain it at between 16 and 20c

Babies and young children will be placed on their backs to sleep

They will be placed with their feet close to the bottom of the cot.

Practitioners will not allow children to sleep on them when they are sitting on the sofa, all sleeping children will be placed in a cot / crib as above.

Parents declaration (tear off, complete information and return slip to TOSH)

I / We the undersigned parent or guardian of

_____ (Child's name)

Do hereby state that I / we have received a copy of TOSH Infant and Toddler Safe Sleep Policy and that a TOSH practitioner has discussed the facility's Infant / Toddler Safe Sleep Policy with me:

Date of Child's Enrolment : _____

Signature of Parent / parents _____

Date: _____

Date:

Distribution: parents to keep copy of Safe Sleep Policy - TOSH to hold signed slip on child's file.