



Safe Sleep Policy

Policy Statement

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death.

Our Aims

At Little Squirts we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Procedures

At Little Squirts with babies under a year old we placed on their backs to sleep in a cot but with our toddlers we let them lay whatever way they feel comfortable to ensure the best sleep. As a setting we never put a baby or toddler down to sleep with a bottle to self-feed.

We monitor the children and babies every 15 minutes; we check to see if they are breathing. 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.

We provide a safe sleeping environment

At Little Squirts we use clean bedding and blankets for each child and put them in appropriate clothing for the weather. If parents provide sleep bags, we are happy for the babies and children to be placed in them before sleeping. We only using safety-approved cots or other suitable sleeping equipment that are compliant with British Standard regulations.

At Little Squirts we only let babies sleep in prams/bouncers if they lie flat and we have parents' written permission. We ensure that the cots and beds are clear from hanging objects to prevent any injuries.

If a child or baby has fallen asleep on a practitioner, they will be transfer to a bed or cot. We do not have blankets over cots to ensure that so we always see the children and to ensure the blanket cannot fall on the child.

At Little Squirts we will try and keep to the child's sleep routine as much as possible, however the staff will not force the child to sleep if they do not want to. The staff will try and help the child sleep for 45 minutes but after that we will ask the child to get up and explain to the parents at pick up.

If the child is resisting sleep for more than 5 consecutive days in a row, then we will have a discussion with their parents about dropping their sleeps or trying a different time of the day.

Sleeping twins

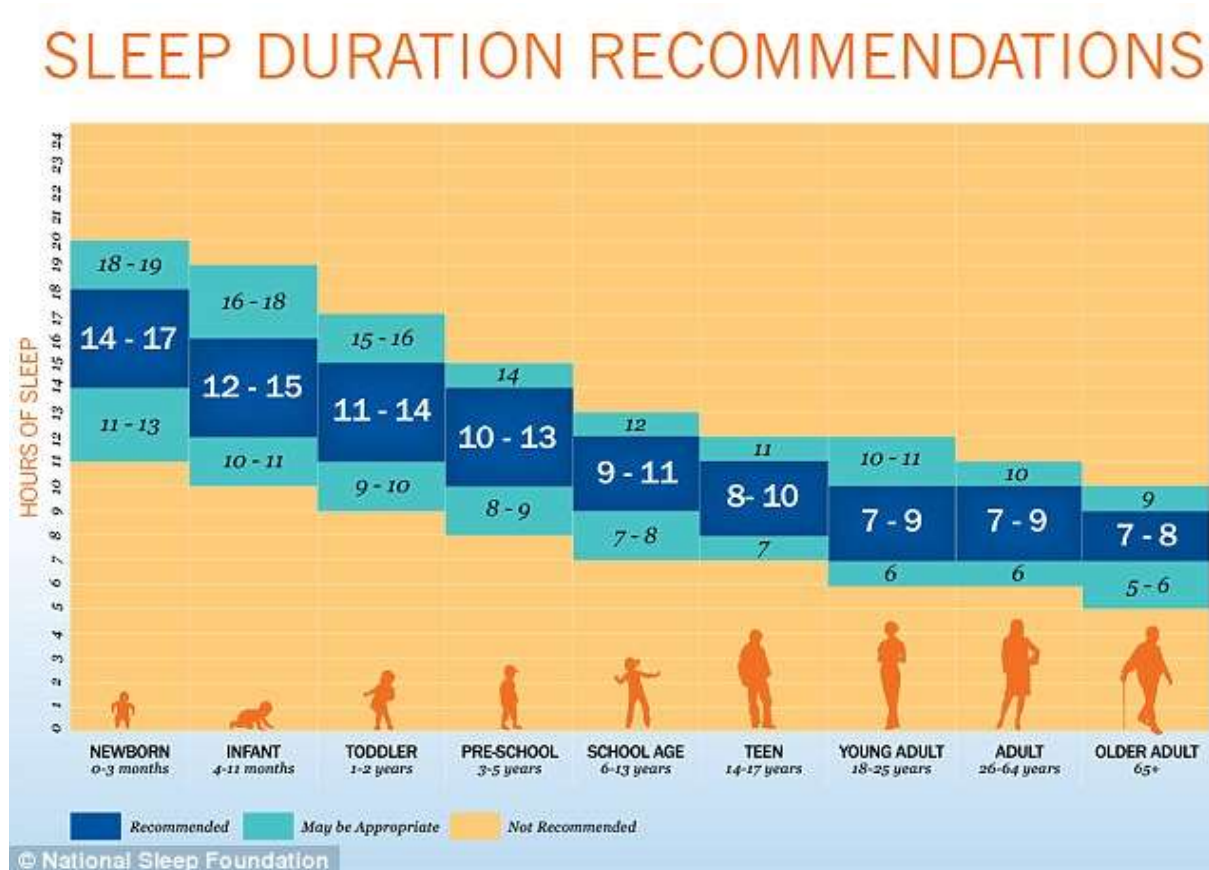
We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep.

Further information can be found at: www.lullabytrust.org.uk

Bringing Babies/Toddlers in Asleep

At Little Squirts we understand that some children/babies will be brought into nursery asleep due to nap times.

Following a report of an incident at another nursery, as a setting we have discussed that we need to wake the child up to check whether they are well, once awake the nursery will take the child and put them back to sleep if they need it.



This policy was updated on April 3rd 2023 (to be reviewed next in April 2024)

Signed

Name