

Safe Sleep Policy and Procedure

Monty's Daycare operates a Safe Sleep Policy that specifies the "back to sleep" position. Our Safe Sleep Policy will be discussed with the child's parent/guardian before admission. Parents/guardians must sign a statement that they have received a copy of the policy and that the policy has been discussed with them. All key persons working in our nursery are required to receive induction training on the Safe Sleep Policy.

- The nursery's "back to sleep" policy that is implemented to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- "Back to Sleep" is recommended by the FSIDS (Foundation for Sudden Infant Death Syndrome).
- 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/children have medical conditions that require stomach sleeping. If the parent/guardian insists that their baby/ children 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 above the child's cot or on their mattress.
- If parents/guardians have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS and the National Back to Sleep Campaign.
- Review of the baby Safe Sleep Policy.

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.

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents/guardians and child care professionals can work together to keep babies safer while they sleep, this nursery will practice the following safe sleep policy:

- All key persons will have knowledge on our Infant Safe Sleep Policy and SIDS risk reduction.
- Babies' will always be placed on their backs to sleep unless there is signed confirmation of their sleep position, that parents have authorised staff to place their child to sleep in. This policy must be signed by a parent/guardian for children over the age of 6 months. Any child under the age of 6 months will not be placed to sleep in any position other than their back without medical approval.

- FSID recommends that babies are placed on their backs to sleep, but when babies 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 the baby turns onto his/her side or stomach.
- All babies are checked every ten minutes, the key person will visually check on the child, looking for the rise and fall of the chest/back. We have a sleep check chart to document our checks. These will be initialled by the key person or the buddy key person.
- 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; room temperature will be kept between 18-20°C.
- All babies must sleep in a cot or on an approved surface.
- Babies' heads will not be covered with blankets or bedding; babies' cots will not be covered with blankets or bedding.
- Loose bedding, pillows, bumper pads, etc. will not be used in cots. We use cellular blankets for under 1's and fleece blankets for over 1's.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used.
- Only one baby will be in a cot at a time, except in the event of an emergency or during a fire drill in the evacuation cot.
- All parents/guardians of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission to sign and return to Monty's Daycare.

If parents/guardians have further questions about SIDS and infant sleeping positions, the phone number for the FSIDS and the National Back to Sleep Campaign is 0808 8026868. www.FSID.org.uk

*This Policy was revised during a meeting on 12th March 2015. Emma Taylor (Nursery Manager) and Kerry Allen (Deputy Manager) were present.
(Policy and Procedure will be reviewed during the month of March 2016).*

Parents consent form (to be retained by the Nursery).

Have you read Monty's Daycare Safe Sleep policy? YES / NO

Are you happy for the staff to follow these procedures for your child/ren? YES / NO

What position does your child sleep in?

Are staff authorised to place your child to sleep in this position? YES / NO

Does your child require a dummy or comforter to sleep with? YES / NO

Any other information that staff should be aware of concerning you child/ren's sleep position or pattern?

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Parent/ Guardian name:

Parent/ Guardian sign:

Date: