

Safe sleep policy

We operate a safe sleep policy that specifies the 'back to sleep' position. This policy is shared with the parents/carers of children registered at the nursery who are under the age of 12 months, the key persons will discuss the safe sleep policy with the child's parent/carer as required. Parents/carers must sign a statement to say that they have received a copy of this policy and that they understand it. All staff members working in our nursery are required to receive induction training on this safe sleep policy.

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

- Babies sleep position at home.
- Explanation of the nursery 'back to sleep' policy that is implemented to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- Parents informed that 'back to sleep' is recommended by FSIDS (Foundation for the Study of Infant Deaths).
- Parents/carers informed 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 may have a medical conditions that requires stomach sleeping, in these circumstances parents/carers are asked to provide a note from the babies doctor specifying the baby's sleeping position If it is the parent/carers preference that their baby is placed on their stomach or side to sleep they must provide us with written and signed permission from themselves stating that they do not want their baby placed on their back to sleep.
- Further information on the 'back to sleep' campaign is available to both parents/carers and practitioners at www.fsid.org.uk or 0808 8026868

Sudden infant death syndrome 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 a 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 childcare settings and that parents/carers and childcare professionals can work together to keep babies safer while they sleep this nursery will practice the following safe sleep policy:

- All staff members receive training on our safe sleep policy.
- Babies are always placed on their backs to sleep unless there is written parental permission or a signed doctors note.
- FSID recommends that babies are placed on their backs to sleep but when babies can easily turn over from their backs to stomach they can be allowed to adopt whatever position they prefer to sleep.
- Visual supervision is required at all times, at least every 10 minutes the key person visually checks on the child and signed records are kept.
- Steps will be taken to keep babies from becoming too warm or overheating by regulating the room temperature, avoiding excess bedding and not overdressing the baby. Room temperature will be kept in accordance with recommendations (18 degrees Celsius).
- We do not allow babies to sleep in nesting rings, car seats etc.
- Babies heads are not to be covered with blankets or bedding, babies will have individual bedding that is regularly washed and they are never put down to sleep unsupervised with a bottle to self feed.
- We do not use loose bedding. Only fitted sheets are used on the cot mattress and a small blanket that covers from the waist down and tucked in at the foot and sides of the cot is used to cover a baby if necessary.
- Only comforters are left in the cot and only one baby is in a cot at a time, except in the event of an emergency or during an evacuation.

- Babies are given supervised tummy time in a safe clean place on the floor.
- No smoking is permitted on the premises and key persons who smoke are to ensure that their clothes and breath do not smell of smoke when caring for babies so that the babies do not experience the unpleasant odour.
- All parents/carers of babies cared for in the nursery receive a copy of this policy before admission.

I _____ the
parent/carer of _____ do
hereby state that I have received and read a copy of the Safe Sleep Policy and that
any questions that I have raised about this policy and the 'back to sleep' position have
been answered.

Child's date of admission _____

Parent/carer signature _____

Date _____

July 2017

