



St Helens College



University Centre
St Helens

Nursery Childcare Policy – Safe Sleep

Relating to: Nursery

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Introduction

At St Helens College Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and the Lullaby Trust to minimise the risk of sudden infant death syndrome. We make sure that:

- Babies are always placed on their backs to sleep. When babies initially start to turn over onto their stomach to sleep, we will gently turn them back onto their backs, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies are placed towards the bottom of the bed/cot.
- Babies will use either a sleeping sack (provided by parents) or will be covered with a cellular blanket which is tucked in to either side to prevent wrapping.
- Babies/toddlers are monitored visually when sleeping. Checks are made and babies & toddlers are physically checked on at least every 10 minutes for breathing. These checks are recorded on a sleep chart for recording the time and name of the person carrying out the checks.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the baby, particularly around the lips and fingers.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we ensure that this remains between 16 and 20 degrees)
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots or other suitable sleeping equipment (i.e., pods or mats) that are compliant with British Standard regulations, with a clean fitted sheet
- Only letting babies sleep in prams if they lie flat.
- Using floor mats and sheets with loose blankets to cover
- Keeping all spaces around mattresses clear from hanging objects i.e., hanging cords, blind cords, drawstring bags.
- Ensuring every baby/toddler is provided with clean bedding.
- Transferring any baby who falls asleep while being nursed/fed by a practitioner to a safe sleeping surface to complete their rest.
- Having a *No Smoking Policy*

We ask parents to provide information on their child's sleeping routine with the child's Key Worker when the child starts at nursery, and these are reviewed and updated appropriately. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e., babies sleeping on their tummies, we will explain our policy to the parents and inform them that we will be 'back-sleeping' their baby unless there is written evidence of advice from a trained medical specialist to direct us otherwise.

We recognise parents' knowledge of their child with regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. When it is a parent's wish to wake a child after a period of time, staff will work with parents and offer advice as to what they think is best for the child.

When parents request for their child to have a sleep, they will be lay down on a mat or in a pram (depending on which the parent prefers) after lunch with staff sitting with them until they fall asleep. If after 30 mins they have not fallen asleep, they will be allowed to get up and continue with their play.

If a child falls asleep later in the day and parents have requested they are not to sleep after a particular time, staff will allow the child to sleep for a period of up to 45 mins before trying to gently wake them.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins.

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

This Policy details the Childcare Facility's approach regarding the administration and storage of medications.

Scope of the Policy

This policy applies to all staff, parents & children of the childcare facility.

Associated Policies and Procedures

- Equality & Inclusion
- Health & Safety
- Safeguarding & Child Protection
- Communication
- Special Educational Needs

- Confidentiality & Record Keeping
- Data protection & sharing of information
- Intimate Care
- Key Person & Settling In
- Medications & Ill Health
- Admissions & Registration
- Dummies
- Induction of Staff & Students
- Whistleblowing
- Working in Partnership with Other Agencies

Access to the Policy

This policy will be issued to all Childcare Practitioners and made available to the users of the Childcare Facility. A copy of all policies & procedures will be kept in the Managers office and in the reception area for parents/carers to access.

Post Holder to Contact

Director of Student Services.