

The Oaks Nursery Infant Safe Sleep Policy

Welfare Standards: Safeguarding and promoting children's welfare

The Oaks Day Nursery operates a safe sleep policy. Through our active partnership with parents and by raising awareness of Sudden Infant Death Syndrome (SIDS) we believe that proactive steps can be taken to lower the risk of SIDS in our setting.

We do this in the following way:

Parents as Partners

To help us provide the best possible care for babies, the key person or baby practitioner will;

- Introduce and discuss the sleep policy to all parents when they join the nursery.
- Gather information on how babies sleep at home, and their sleeping patterns
- Key person will work with parents to agree best sleep patterns for their child during their time in the nursery.
- Advise parents that nursery follows the 'Back to Sleep' position that is recommended by the Foundation for the Study of Infant Deaths (FSIDS)
- Ask for parental preferences when settling children to sleep.
- If parents insist that baby sleeps on its stomach or side and they are under 6 months old, supporting evidence is required from a Doctor that specifies the sleeping position.
- Make parents aware of FSIDS 'Babyzone' information booklet and that copies are available on request.
- Ensure that all parents of babies cared for in the nursery receive a written copy of our safe sleep policy.

Key Person and Nursery Practitioner role

To minimise the risk of SIDS the following procedures are followed:

- All under 3's nursery practitioners and support workers will receive in house induction on our Infant Safe Sleep Policy and SIDS risk reduction.
- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed on the baby's cot. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.
- Babies will be placed with feet closest to the bottom of the cot, and blankets (if used) placed across the torso and tucked in at the foot and sides, to minimise the risk of over heating during sleep.

- 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.
- Babies will never be put down to sleep with a bottle to self-feed.
- Babies will be monitored visually when sleeping, checks are recorded every 10 minutes. In addition baby voice monitors are in use.
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed.
- A change in sleeping positions will be documented on the safe sleep chart and initialled by the staff member.

Providing a safe sleeping environment

- Room temperatures are recorded daily and monitored throughout the day to ensure that the optimum temperature remains between 16-18C.
- Light bedding (blankets) will be used, and babies will be appropriately dressed to avoid overheating.
- Safety approved cots and sleep pods are compliant with British Standard regulations, and mattress covers (cots only) are used in conjunction with a fitted sheet.
- Every baby will be provided with clean bedding that is changed daily.
- Toys and stuffed animals from home will only be placed in the child's cot if they are used for comfort, and then away from faces.
- All babies must sleep in a cot, sleep pod or on an approved surface.
- Babies may not sleep in a nesting ring, car seat, bouncy chair or bean bag.
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest.
- Child arriving in nursery asleep in a car seat or buggy will be transferred to a safe sleeping surface.
- We have a no smoking policy in compliance with government legislation and staff members who smoke will ensure that their clothes and breath does not smell of smoke whilst at work so that babies do not experience the unpleasant odour.

Adopted on (date): August 2009

Signed on behalf of The Oaks Nursery:

Name: Chris Comper

Job title: Nursery Manager

**The Oaks Day Nursery
Safe sleeping policy
Parental declaration**

- ✓ I have read and understood the safe sleep policy.
- ✓ I am aware of the FSIDS Babyzone information booklet and **would/would not** like a copy.
- ✓ I prefer my child to sleep in a cot/ on a mat

Name of Child:

Name of Parent:

Signature of parent:

Date:

Name of Key person:

Signature of Key Person:

Date: