

Stephen Perse

Cambridge

Early Years

Safe Sleeping Procedures

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1. The Policy

The purpose of this policy is to give parents and carers information about our approach and procedures with regards to safe sleeping. This policy applies to all babies and toddlers attending the Stephen Perse Foundation Nurseries.

2. Safe Sleeping Procedures

At the Stephen Perse Foundation Nurseries we follow the advice of the Lullaby Trust for safe sleep practices:

- All children's mouths are checked before they go to sleep.
- When your child is ready to sleep in the dream coracle or on a sleep mat the key person will place them in the coracle on their backs unless you have advised us not to do so.
- The key person ensures blankets are tucked in and do not come up higher than the children's shoulders. Sleep suits provided from home will be used according to parental preference,
- The temperature of the sleeping room is monitored and kept between 16 and 20 degrees.
- Mattresses are regularly turned, aired and checked for damage.
- The coracles will not be placed near a radiator or window.

3. Safe Sleeping Checks: Whilst Sleeping

- The sleeping children are checked at least every 10 minutes and a key person will always be within hearing distance of the sleeping room if not in the sleeping room.
- Key persons will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- Key person will ensure the children are not hot or cold

4. Settling Sleepers:

- The child's sleeping routine is discussed with you and recorded in the All About Me information i.e. length of sleep, position of sleep.
- Comforters, muslins, dummies, soft toys where required should be provided from home and these will be stored with your child's personal belongings.
- If a child has a dummy and this should fall from their mouth during their sleep key person will not put it back into the mouth unless the child wakes.
- A child will be settled by a key person unless you have requested they settle themselves.
- Key person will sit with a child and pat/stroke their stomach or back or stroke the side of their face as discussed with you before your child starts at the nursery.
- All nursery staff attend annual safeguarding training and appropriate methods of comforting a child are regularly reviewed.
- The nursery will not allow a child to consume milk from a bottle in their coracle as a soother for settling to sleep.

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