

FIRST STEPS (BATH) 31

Safer Sleep Policy and Procedure

At First Steps Bath, we believe that children should have a safe space to sleep, which allows them to have enough sleep to support growth and development in a safe environment. The safety of babies' and children's sleep is paramount. Our policy follows the advice to reduce the risk of sudden infant death syndrome (SIDS) and promotes safer sleeping for all children, including those with special educational needs who may struggle with their sleeping patterns.

In this policy, we refer to a baby as anyone under the age of one year, and a child is one year old and over.

During babies and children's settling-in sessions at nursery, we discuss their child's sleep routine with parents and carers and continually review and update this.

Staff at First Steps will follow safer sleeping guidance at all times, if a baby or child has an unusual sleeping routine or a position that goes against the guidance, for example a baby sleeping in a buggy, we will explain our policy to the parents and not usually offer this unless a clear and explicit reason is given, (such as a medical need or following guidance from a health care practitioner) in which case we would ask them to sign to say they have requested that we adopt a different routine.

We recognise parents' knowledge of their child's sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continue to be met, particularly where a child has additional needs. However, the team will not force a child to sleep or keep them awake against his or her will. Staff will discuss any changes in sleep routines at the end of the day and share observations about the length of children's sleep.

Procedure to support safe sleeping.

Sleep environment.

1. The ideal room temperature is between 16 - 20°C. The temperature is checked when opening the room and then every time a child is settled for sleep. These checks are recorded on the sleep room temperature chart. Action is taken to cool and bring the temperature to correct levels as needed and recorded on the note section of the sleep chart.
2. Blankets to be tucked in at the sides and bottom of cots.
3. The sides of cots are moved up.
4. Sheets cleaned and changed after each child, in good condition and well-fitted.
5. Children using sleeping bags are only placed such in cots.

6. Cots are not cluttered with soft toys, and cot bumpers are not used, although personal comforters will be given where required.
7. Sleep articles from home such as a teddy, taggy or blanket must be appropriate, clean and hygienic.
8. Adequate spaces around cots, mats and beds are left to allow healthy air flow and to enable staff access to properly observe babies and children. Spaces are also kept clear from hanging objects, i.e., hanging cords, blind cords, drawstring bags.

Settling children and babies to sleep

- Remove all jackets and hoodies.
- Remove all necklaces, hair bands or hair clips.
- All babies will be placed to sleep their backs.
- Remove dummy clips.
- Babies/children are never left alone to self-feed a bottle in the sleep room. Bottles are given with an adult close to the cot. When child has finished or is asleep the bottle is removed by
- Babies placed in a feet-to-end position in the cot.
- Babies and children are checked to ensure that they do not have anything in their mouth and the room is clear of all choking hazards.
- Hands are checked to see that they are not carrying anything to bed, except for appropriate soothers.
- Blankets tucked in at the sides and bottom of cots.
- Sides of cots are put in the raised position.
- We check babies' and children's breathing, temperature, and cot safety every 10 minutes; however, this is every 5 minutes if the weather is extremely warm, the child is new to the setting, has a comforter in or near their mouth or if a child has a medical need.
- Mats and cots cleaned after each baby or child sleeps on them.

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