

Sleeping policy

It is the policy of Jollytots to promote best practice in the care and supervision of the sleeping child.

Aims

* To ensure staff and parents are alert to the possibility of sudden infant death (SIDS)
* To educate staff and parents regarding known risk factors
* To promote best practice in the care of sleeping infants
* To minimise the risk of SIDS

Sudden Infant Death Syndrome

SIDS is the sudden, unexplained death of an infant younger than 1 year old. It is the lead cause of death in children between one month and one year and most commonly occurs in infants between 2 and 4 months of age. The risk factors are-

* Overheating
* Laying a baby to sleep on their front or side
* Maternal smoking or exposure to tobacco smoke
* Premature or low birth weight

Procedures

Jollytots staff will follow the procedures set out to help decrease the risk by following -

* Babies will always be placed on their backs to sleep but when babies can easily turn over from the back to the stomach, they will be allowed to adopt whatever position they prefer to sleep.
* Visual and auditory supervision is required at all times. Staff must visually check on a sleeping baby a minimum of every 10 minutes. They will be required to look for the rise and fall of the chest and if the sleep position has changed.
* Steps will be taken to keep babies and all children in our care from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing. The room temperature will be kept in accordance with recommendations.
* Steps will be taken to ensure that the gaps between the bars are less than 6.5cm and the space between the mattress and cot is no more than 4cm.
* All babies and young children should sleep in a cot or on a specific and approved surface. Staff looking after babies are encouraged to avoid situations where babies may sleep in a nesting ring, car seat, bouncing ring etc We do however recognise that this sometimes can be unavoidable or may go against where a baby may have naturally fallen asleep or feels most comfortable. Such situations will be carefully monitored to reduce the risk to the baby or child, with the understanding that a sleeping baby or child may be moved into a cot or onto an approved surface where possible. Staff will liaise with parents over any sleeping issues.
* Babies heads will not be covered with blankets or bedding. All children will have individual bedding that is washed regularly and will never be put down with a bottle to self feed. We do recognise that some young babies and children have particular sleep patterns at home that may go against our policy. Such situations will need to be closely monitored and sensitively discussed with both the supervisor and parent/carer to try and find a solution. Management advice and involvement may be called upon if needed. The outcomes for any such instances must be documented and staff members working with the child must be informed.
* Loose bedding, pillows and bumpers will not be used in cots
* Awake babies will be given supervised ‘tummy time’ as part of their physical development
* Toys and stuffed animals will not be allowed in the cot unless it is the child’s comforter.
* Only one baby will be placed in a cot at a time. Expect in the case of an emergency or during a fire drill
* No smoking is permitted on the premises and staff who smoke will ensure that they do not smoke in uniform and do not smell of smoke

This policy was adopted on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Director

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Manager

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