



Safe Sleep Policy

Policy Statement:

Little Acorns and Montessori Preschool values the importance of sleep and rest for all children in the service. We will ensure that children get either sleep or rest when they need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the child. In keeping with best practise, we will also ensure that all cots are inspected regularly and maintained to a high standard. This service will ensure every effort is taken to ensure that age and stage appropriate rest and sleep facilities are available within our service. Staff should be made aware of the infant's usual sleeping environment and practices. Children will never be forced to sleep and their own choices and routine will dictate their sleep times. All staff working in this service will receive training on our Safe Sleep Practices. Our safe sleep practices will be regularly reviewed and all new staff will be made aware of this policy at their induction.

Principle: This policy is underwritten by Child Care Act 1991 (Early Years Services) Regulations 2016(Siota Standard 9: Health and Welfare) (National Standard 1: Information, National Standard 3: Working in Partnership with parents or Guardians, National Standard 4: Records, National Standard 9: Nurture and Well-Being, National Standard 12: Health Care, National Standard 14: Sleep, National Standard 18: Facilities, National Standard 19: Equipment and Materials).

Children's Individual Requirements:

Each child's comfort is provided for and there are appropriate opportunities to meet each child's needs for sleep, rest and relaxation

The lighting in the sleep and rest rooms is reduced but only to a level where the staff can still conduct direct visual checks.

Children Under 2 Years:

The sleep facilities for children aged less than 2 years depends on the number of children to be catered for. There is a separate sleep room for children aged less than 2 years unless.



- Where a maximum of 6 children aged less than 2 years are cared for in a room, the sleep room area for these children can be accommodated in the same room if the space measurement for each child less than 2 years is a minimum 4.2 square meters.
- The sleep area is quiet and restful, away from activity, movement and noise. The sleep room temperatures are kept between 16C and 20C.
- All children up to the age of 2 years within the service have access to and sleep in a standard cot unless the child has a history of climbing out over the cot - in which case a floor bed or mat is safer.
- Staff can easily move around the cot to provide for the children's care needs. A documented risk assessment on an individual child is completed if a child is identified as being likely to climb out of the cot.
- The number of cots provided within the Service is appropriate to the number of children within the service and the service type.

All cots used by the Service for children under 2 years:

- Are in good condition;
- Have a recognised safety standard;
- Have cot bars less than 6 cm apart (round) or less than 7.5 cm apart (flat);
 - Have at least 50 cm between the top of the mattress and the top of the cot;
- Have no footholds in the sides or cut-outs in the end of the cot;
- are positioned away from potential risks (e.g. windows, curtains, blinds, direct sunlight, heated radiators)

The cot mattresses used by the service are:

- clean; laid flat and not elevated;
- the correct size and fit;
- firm;
- covered with waterproof material;
- in good condition;
- easy to clean and disinfect;
- well aired and dry;
- have a gap between the mattress and the sides of the cot that is less than 2.5 cm;



- have a recognised safety standard.
- Individual bed linen (sheets and blankets) is provided to each child
- The linen is laundered after each use unless it is reserved for the sole use of that child.

Appropriate separate storage is available for:

- unused clean linens;
- linens that are laundered after each use;
- dirty linens waiting laundering.

Children Over 2s:

- Children have a quiet space to enjoy unstructured, quiet activities of their choice or have a rest with soft seating and matting areas to sit or lie down (e.g. look at a book, listen to music, guided meditation).
- Children needing sleep during the 3.5 hour session have access to a low level bed or mat;
- We have a dedicated sleep area within the setting which is conducive to the above.
- Each child needing sleep is provided with an individual sleep mat or child bed (camp bed, stackable bed, mats) positioned in a way that allows easy access around each mat or bed.
- Beds and mats meet recognised safety standards.
- Sleep mats are cleaned between uses.
- Children aged 2 and over are offered a pillow at rest or sleep time.
- Children aged 2 and over can sleep on sleep mats or beds in the preschool room where they are normally accommodated once the needs of all the children in the room are met.
- If there is only one room available, quiet activities are organised in another section of the room for children who are not sleeping or resting (e.g. jigsaws, colouring).

Items Prohibited for Sleeping Children:

The following items are not used as a sleep facility by the Service:

- a. car seats, buggies, strollers and infant carriers;



b. inflatable mattresses, inflatable beds or waterbeds; Parkview Creche Policies and Procedures January 2022 291

c. beanbags;

d. couches, sofas, settees and chairs;

e. travel cots or portable cots;

f. bunk cots or stackable cots;

g. pillows and cushions as a base to sleep on,

Safe Sleep Practices:

- The Safe Sleep Checklist will be displayed in the sleep room.
- We risk assessing the area daily.
- A No Smoking sign will be displayed in the sleep room.
- Infants will always be placed on their backs to sleep with their feet to the foot of the cot.
- Their heads will be uncovered.
- If the infant is less than six months old and it is observed that they have turned onto their tummy, they should be gently re-turned onto their back.
- Do not place a hat on an infant's head when putting them down to sleep unless it has specifically been recommended for medical reasons.
- Ensure the bedclothes are firmly tucked in and no higher than just under the infant's shoulders, so that they can't wriggle down under the covers.
- All infants (under two) should be placed in a standard cot to sleep.
- The Child ChildCare Act 1991 (Early Years Services) Regulations 2016 does not permit beanbags, chairs, bouncers and sofas as a sleep surface as all increase the risks of cot death.
- Rest mattresses/Toddler beds will be provided for the children over two years. Steps will be taken to keep the infant/child from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing or over-wrapping the infant.
- Overheating is avoided. To check an infant's temperature, feel the back of their neck or tummy, if these areas feel too warm remove some bedding. Do not worry if hands or feet feel cool as this does not indicate their overall body temperature is incorrect.



- Room Temperature is recorded in sleep check records
- No bottle propping is permitted

TUSLA Recommendation for Cot Numbers:

The number of cots provided should ensure that each child's individual need for sleep or rest can be facilitated.

The following is a general guide to help estimate the number of costs needed:

- At 6 months, children need approximately 10-11 hours' night-time sleep and 2 day time naps of 2-3 hours each. Therefore, a separate cot for each child at, or under this age is recommended.
- At 9 months, children need approximately 10-12 hours' night-time sleep and 2 day time naps of 1-2 hours each. Therefore, cots for 2/3(2/3rds) of children in this age bracket is recommended.
- At 18 months-2 years of age, children need approximately 10-12 hours' night-time sleep and 1 day time nap of 1-2 hours. Therefore, cots for half the number of children catered for, in that age group, is recommended.
- At 2 years, children need approximately 11-12 hours' night-time sleep and 1 day nap of 1 hour. It is recommended that children's (up to 2 years old) sleep or rest needs are accommodated in a standard cot, unless the child has a history of climbing out over the cot, in which case a floor bed or mat is safer. An adequate supply of bed linen should be in place, to ensure that each child has their own linen.

Visually Checking Sleeping Babies/Children:

- Sleeping Children are under staff supervision at all times We use a sleep monitor (listening device) but also physically check by entering the sleep room.
- Sleeping infants/children will be checked, every 10 minutes, by assigned staff. This record is on display.
- The Sleep Chart will be kept on file for one year after the reporting year. We will be especially alert to monitoring a sleeping infant/child during the first weeks the infant/child is in our care.



- We will check to see if the infant/child's skin colour is normal, watch the rise and fall of the chest to observe breathing and look to see if the infant is sleeping soundly.
- We will check the infant for signs of overheating including flushed skin color, body temperature by touch and restlessness.

Safe Sleep Environment:

Room temperature will be kept between 16 and 20 Celsius and a thermometer kept in the sleep room.

Recording and documenting room temperature during infant sleeps helps ensure babies are being cared for within recommended limits.

Keep the room well ventilated but do not position a cot below a window or in front of a working radiator.

Cot mattresses/rest mats/toddler beds should be completely covered in a waterproof fabric such as PVC.

All mattresses should be regularly inspected for signs of damage to the waterproof fabric and if punctured, cracked, or torn, should be replaced immediately.

Ensure that the gaps between the bars of the cot are less than 6.5 cm and that the space between the mattress and the cot is no more than 4cm.

All cots/beds are marked with the child's name and will be covered by a sheet.

Infants should not have pillows, duvets, bumpers, soft toys, or comforter blankets in their cot. Instead use one or more layers of light blankets (depending on the room temperature).

Remember that one blanket doubled over counts as two blankets.

We use cellular blankets.

.Infant/child's heads will not be covered with blankets or bedding.

Therefore, each child will have their own bedding and the mattress should be checked, inspected, and disinfected between each infant's sleep.

Bedding is laundered at least daily or more often if required.

A record will be kept.

Soothers will be allowed in babies' cots while they sleep.

Only one infant/child will be in a cot at a time, unless we are evacuating babies/children in an emergency.



Smoking is not permitted on the premises or the surrounding areas adjacent to the premises.

Infants/children are always supervised when sleeping/resting.

Sometimes staff find it difficult to get some infants/children to sleep because they do not have an established routine at home.

We appreciate parents/guardians cooperation in this area and ask that a child's routine includes sleeping in a cot.

If parent's/guardians are having trouble with this then they should talk to the child's key worker.

Staff will help children to relax by creating a calm atmosphere.

Soothers:

- Some research suggests that using a soother for every period of sleep may reduce the risk of cot death.
- Parents decide if their child is to use a soother.
- If used we will offer it at every period of sleep, including daytime naps.
- If the soother falls out during the sleep do not wake the infant up to put it back in. However, if the infant wakes up then offer the soother once again. We never force an infant to take a soother or put it back in if the infant spits it out.
- We don't use a neck cord, and never coat a soother in anything sweet.
- It is recommended that soother use is introduced only after breastfeeding is well established (usually around 4 weeks) and that soother use is stopped between 6 and 12 months.
- Parents should provide 2 soothers in a sterilized container.

Managers Signature:

Date: 21/07/2023