



Little Ladybird Creche & Montessori

Policy #15

SAFE RESTING/SLEEPING

Introduction

The benefit of having a safe sleep policy is that it:

- Helps to inform as well as reassure parents/carers that the service will only implement what is in best practice guidelines.
- Acts as a reminder and helps maintain consistency by the regular staff members.
- Gives clear guidance to new or trainee staff, emergency cover staff or those on work experience.
- Provides a plan of action in the event of a baby being found to have stopped breathing within the service.
- Protects the staff against any implication of neglect in the event of an incident.

Definitions/Glossary

SIDS: Sudden Infant Death Syndrome

ISIDA: Irish Sudden Infant Death Association

Policy Statement

Sleeping babies are regularly checked and procedures and rotas are in place for regularly checking sleeping babies. The sleep room is calm, quiet and comfortable so that babies can relax, rest and sleep.

The recommendations of the ISIDA on the sleeping environment and sleeping positions for babies are followed and a procedure is in place for dealing with an incident where a baby is found to have stopped breathing.

The service recognises that it is important to liaise with parents/carers in relation to their child's sleep patterns/needs. Where a parent/carer requests a sleep routine for their child that does not meet with good practice guidelines (e.g. requesting that their child be denied sleep for the day; be put to sleep with a feeding bottle; or be put to sleep in buggy or travel seat); the service remains responsible for its own practice. In all decision making the child's best interests must come first.

Children will be provided with opportunities to have quiet or rest periods to meet their individual needs throughout the session/day.



Procedures & Practices

When a parent/carer requests a specific sleep routine for their child, two questions must be considered by staff:

- **Is it safe?**
- **Would distress be caused to the child?**

If these questions cannot be answered satisfactorily, then a parent/carer must be informed that the service cannot comply with their request or that guidance must be sought from a qualified professional such as a public health nurse.

The following are not suitable for babies to sleep in:

- Travel cots/portable cribs
- Pillow, cushion or beanbag
- Sofa
- Car seats
- Buggies

Hygiene

Linen will be available for each child - it is hygienic, easily accessed and labelled for each child. Each child's bed linen will be laundered weekly or when soiled.

Children in the sleep room must be within sight or hearing of staff at all times.

The Manager is responsible for the sleep monitoring rota. The rota must clearly identify:

- Who is responsible for the sleep room/area.
- Who will check the babies.
- How often they will be checked.
- Who is responsible for completing the sleep log.
- Who is responsible for bed linen changes and recording changes.

A sleep log will be maintained and stored within the sleep area. This records when physical checks are made of sleeping babies. It also records the time, baby's position and who checked – **checks must be made every 10 minutes.**

Each child's Key Person is responsible for sharing information with the child's parents/carers.

Camera/CCTV monitoring is only useful in detecting a child crying or for security. It must not be used as a substitute for physically monitoring sleeping children as it will not be able to identify a child whose colour has changed or who has stopped breathing.

This policy on monitoring will be displayed beside the sleep area.

At all times, the relevant adult:child ratio outlined in the Pre-school Regulations will be adhered to.

Sleeping position

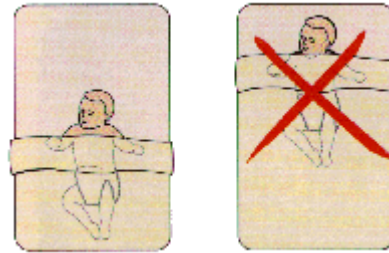
The best position for a baby to sleep is on his or her back. There is no evidence that babies might be sick and choke when lying on their backs.



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For babies who have been sleeping on their tummies or side, try them on their backs. They may not like the change and find it difficult to settle. If a baby will only sleep on his or her side make sure the underarm is in front of the body to prevent him or her rolling onto the tummy.

Place babies near the foot of the cot with the covers below the shoulders.



When a baby is placed in their cot to sleep, the following applies:

- Baby on back
- Feet at foot of cot
- Tuck bedclothes in securely (below shoulders)
- Babies' clothes should be loose and light
- One child per cot
- **NO** bibs, bottles, toys quilts, pillows, cot bumpers or covering of babies' heads.

Keep babies at the right temperature. The sleep area must be maintained at 16–20°C. A wall-mounted thermometer will be provided to monitor the temperature.

Do not let babies get too hot. To check how warm a baby is, feel the baby's tummy. A baby's tummy should feel warm, but not too hot. If a baby's tummy feels hot, or if the baby is sweating anywhere, he or she is too warm. Hands and feet often feel cold and look blue, but this is normal, and does not mean a baby needs more clothes.

Indoors, babies over a month old do not need more clothes than adults.

Outdoor clothes should be removed indoors. Heating in winter often makes it hotter inside than it is during the summer. So remove any extra clothes or blankets as soon as you bring babies indoors. Do this even if they are asleep. Babies should not wear hats indoors.

Babies do not need any more than a nappy, vest and babygro to sleep in. In hot weather they need less.

Bedding depends on the room temperature. If a baby seems hot, take some of the blankets off, if he or she seems cold, add an extra layer. Use lightweight blankets that you can add to and take away. Babies should not have their heads covered indoors.



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In the event of a staff member finding a baby whom they believe has stopped breathing

1. Ascertain that the child is not breathing.
2. Do not leave the child.
3. Call for help.
4. Begin resuscitation immediately.
5. The closest staff member is to ascertain the problem and call an ambulance immediately.
6. The Manager or the person who is in charge at that time will notify the child's parents/carers that their child has stopped breathing and an ambulance has been called and to go to the hospital.
7. The person who found the child and has been with the child in resuscitating will accompany the child to hospital in the ambulance and stay with the child until the parents/carers and the Manager arrive.
8. Before the Manager leaves the Centre for the hospital, they must check that parents/carers have been notified.
9. The staff member who has accompanied the child will not assume any responsibility for what has happened. It is not effective to become involved in any defence.
10. The Manager may remain with the parents/carers at the hospital until the parents/carers are ready to leave.
11. Leave the scene as it is, as the Garda may need to investigate.
12. Families of the children at the Centre may need to be notified of the incident by the Manager.
13. Staff support is essential following such an incident.

Communication Plan

All staff members receive induction on the sleep policy. This includes precautions to be taken to prevent Sudden Infant Death, a step-by-step guide to resuscitation of a child who is not breathing and guidelines on what to do in the event of a baby being found to have stopped breathing. Parents/carers will also be made aware of the Safe Resting/Sleeping policy and will be involved as the individual needs of children must be met.

A copy of all policies will be available during all hours of operation to staff members and parents/carers in the Policy Folder located in the main office.

Parents/Carers may receive a copy of the policy at any time upon request.

Parents/Carers and staff will receive written notification of any updates.

Review Date

Date:

Person Responsible:



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Related Policies, Procedures and Forms

- Key Person Policy
- Sleep Monitoring Rota template
- Health and Safety Policy
- Staff Support and Supervision Policy
- Accidents, Incidents and Illnesses Policy

References/Supporting Documents/Related

- **Safe Sleep for Under 2s** Monaghan, Cavan and Louth County Childcare Committees (2005)
- **Caring for your Child** ISIDA and Health Promotion Unit
- Child Care (Pre-school Services) Regulations, 2006 and Child Care (Pre-School Services) (No 2) (Amendment) Regulations, 2006

Contact Information

Name:

Policy Created

Date:

Signatures

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