

Safer Sleep Policy

Policy Statement

We operate a Safe Sleep Policy that specifies the “back to sleep” position. Our Policy requires that the key person discuss the safe Sleep policy with a child’s parent or guardian before admission. Parents must sign a statement that they have received a copy of the policy and that the policy has been discussed with them. All staff at The Flower Cottage are required to attend training on the Safe Sleep Policy.

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby’s medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep.

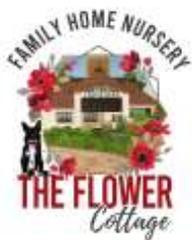
The Flower Cottage will practice the following Safe Sleep Policy.

When introducing or sharing the policy with our parents the following will be discussed:

- Ask about the baby’s sleep position at home.
- Tell the parents that even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side.
- Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby is placed on his\her stomach or side to sleep, they will be asked to provide a note from the baby’s doctor that specifies the sleeping position; this note will be placed in the sleep area above where the child sleeps.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS and the National Back to Sleep Campaign.
- Review of the baby Safe Sleep Policy.
- Lullaby Trust UK

FSID Recommendation (Foundation Study of Infant Deaths)

- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file.
- It is recommended that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, I will turn them back if they are aged under two years.
- It is recommended that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms part of your child’s sleep routine, it will always be used at sleep times. FSID recommends that the



dummy should be stopped when the baby is between 6 and 12 months old. I will work with parents to phase out dummies sensitively, taking into account children's emotional needs.

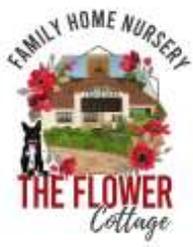
- Visual supervision is required at all times. At least every 10 minutes a member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 68-72°F degrees (16-20°C).
- All babies must sleep in a cot or on an approved surface. Babies may not sleep in a nesting ring, car seat, bouncy chair etc.
- Laid feet to foot end of bed/cot, head not at the top.
- Loose bedding, pillows, bumper pads, etc. will not be used in cots. We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cribs.
- Clean sheet per child, washed weekly (more if needed).
- Sleeping children not to woken unless emergency or going home.
- Toys and stuffed animals will not be allowed in the child's cot.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used. Cot mattresses will be cleaned daily and sanitised between children. Cots will be cleaned weekly. All babies will have their own bedding that is laundered weekly and changed as often as required.
- No smoking is permitted on the premises and staff who smoke will ensure that their clothes and breathe do not smell of smoke when caring for babies.
- All parents/carers will receive a written copy of our safe sleep policy before admission.
- A sleep record will be visible on each child's care diary and marked on the whiteboard in the setting.

Research from the Lullaby Trust UK, have advised that cot death can occur (rarely) when using car seats, bouncing chairs and buggies when the baby's head drops and causes suffocation. Car seats and buggies do not allow the child to move comfortably when sleeping and cannot be cleaned effectively. It needs to be clear from the onset and be included in the policy, the settings position on this.

- Babies' heads will not be covered with blankets or bedding; babies cots will not be covered with blankets or bedding.
- Under 1's to be on a firm mattress NOT a snuggle nest.

Please ensure you have read and understand the Safer Sleep policy and procedure.

All policies and procedures are reviewed regularly and updated when necessary.



This policy and procedure has been development in line with the EYFS welfare requirements and Ofsted guidance, and outlines the provider's responsibility to take all necessary steps to safeguard and promote the welfare of children.

This policy and procedure has been written by **Miss Caitlin Smith**, the Ofsted-registered childminder responsible for the care of children at **The Flower Cottage**, Dudley, West Midlands, DY2 7TQ.

THE FLOWER COTTAGE