



Safe Sleep Policy

2024-2025

Enchanted Wood Preschool aims to ensure a safe and healthy environment for all children and remove or reduce the risk of choking, strangulation and cot death. To support this, we ensure we are familiar with current best practice and review these annually. We ensure staff are aware of the risk of cot death and how to reduce the risk. We share this information with families. All staff are trained in emergency first aid.

Sleep Routines

When babies and children start with us, we will ask for information from the parents regarding sleep routines. This may be updated throughout the year, and will reflect the growing child's changing needs. We recognise that babies and young children need to rest and sleep throughout the day, and we will try to accommodate each child's individual needs. We also recognise the parents need for rest and sleep, and we will always work with parents to accommodate needs.

- Babies and children will be able to sleep and rest during the day
- Staff will be responsive to individual's needs, and how these needs change
- Staff will consult with parents regarding how long to try for sleep before stopping and trying again later
- Staff will consult with parents on how best to put their child for a sleep, ie stroking head, stroking tummy.

Preparing for Sleep

It is important that each child is comfortable to ensure a restful sleep. Staff will ensure each child:

- Has a clean face and hands and has a dry, clean nappy
- Loose clothing including bibs has been removed
- Shoes have been removed
- Has their comforter (dummy or blanket) if used
- Has been offered a drink of milk or water

Position Sleeping Children

- Babies will be placed in cot, pushchair, tepee or sleep mats to sleep. We will ensure they do not sleep near radiators so they do not overheat during sleep.
- If babies fall asleep in pushchairs they will be transferred into a cot.

Clothing and Bed Covers

- Babies and children will not have their heads covered by hats, sleeping bags or swaddling
- Babies and children will have bibs and any loose clothing removed for sleeping

Monitoring and Recording

While children and babies are sleeping, a staff member will remain with them. The staff member will check each child every 10 minutes by:

- placing hand on chest to feel for chest rising
- visually checking breathing
- observing colour of skin
- looking to ensure child is comfortable but not in a position that may be dangerous, ie. a baby sleeping face down
- checking the temperature of the room. If the temperature is within 16 – 20 C, the staff member will consult with the manager

Emergency

Should a staff member be concerned about a child, they will immediately call for help from another staff member and the manager. Staff will call 999 for an ambulance if a baby or child:

- stops breathing or turns blue
- is struggling for breath
- is unconscious or seems unaware of what's going on won't wake up
- has a fit for the first time, even if they seem to recover

Cot Death Information and Best Practice Guidance

What is cot death?

- While SIDS is most common for infants under 6 months of age, it can occur in children aged between 6-12 months and occasionally in children older than 12 months. SIDS does not always happen in a cot: it can occur wherever an infant is sleeping, and very rarely while an infant is awake. There is no sign of a struggle, or of any distress.



- The causes of cot death are not yet fully understood, although we have a growing knowledge of risk factors associated with it. Research continues to help us understand more about it.
- Despite being very rare, SIDS is the most common cause of death for infants between 1 and 12 months old. Cot death is, sadly, not always preventable. However, following the safety guidelines can reduce the risk of cot death.

Reduce the Risks of Cot Death

- Put baby to sleep on their back
- Place baby in their cot in the “feet to foot” position.
- Keep baby smoke free during pregnancy and after birth
- Breastfeed baby
- Offer a dummy when baby sleeps
- You should never force a baby to take a dummy, or put it back in if the baby spits it out.
- The dummy should be offered for every period of sleep, including daytime naps.
- If the dummy falls out while your baby is sleeping, do not wake the baby up to put it back in. However, if the baby wakes up, you should offer the dummy again.
- Make sure baby doesn't get too hot or too cold
- Babies cannot regulate their temperature like adults can. The ideal room temperature is between 16°C and 20°C. This room temperature may feel cool; it is normal for baby's hands and feet to be cold. Keep the room well ventilated, and make sure that you use the right bedding. Never use duvets or pillows for infants under 12 months.