Sue Scarbro's Safer Sleeping Policy

Rationale

Sleep is as essential for children as eating, drinking and breathing. Good sleep improves concentration, physical rest, immunity, aids recovery from illness/injury and helps the creation of new neural pathways and connections.

Safer sleep practices significantly reduce the risk of SIDS (Sudden Infant Death Syndrome- sometimes called Cot Death) in babies under 12 months of age.

Procedure

We will ensure we keep our knowledge updated as to the current safer sleep guidance from the NHS.

Before a child starts in my care, we will talk to parents about their child's sleep needs, including family routines to try to ensure consistency between the child's home and my setting. Parents are invited to bring any particular comfort objects their child needs for sleep, which will be kept specifically for use of their child. We understand that some children will need support to settle and others will self-settle. We will always take parent's wishes into account and consider the unique needs of the child and safer sleeping advice. It may be necessary to adjust the child's home routines slightly to accommodate my settings routines and the needs of other children being cared for. To ensure the safety and your child's needs continue to be met, parents are required to keep me updated as your child's sleep needs and routines change.

We have the following arrangements in place for babies and children to sleep: in travel cots in the bedrooms upstairs, in a sleep suit.

For babies under 12 months of age

Babies will always be placed to sleep on their back and will be permitted to sleep as long as they need and wake up naturally.

Babies will be placed with their feet towards the bottom of the travel cot. Cot bumpers, pillows, duvets, pods or nests, bean bags, bouncy chairs, baby swings, or sofas are not recommended for babies and so won't be used.

Toddlers/children

Only travel cots that confirm to safety standards will be provided and will be used according to manufacturer's guidance.

Mattresses will be firm enough that their doesn't sink for more than a few millimetres as this could cause overheating. Mattresses will be regularly checked and immediately replaced if found to be damaged.

The ideal temperature for a room where they sleep is between 16 and 20 degrees and we will endeavour to maintain this temperature, by using heating or cooling fans, closing curtains etc. as necessary.

Bibs will be removed before settling them to sleep.

If a sleeping baby spits their dummy out, it will only be placed back in their mouth if baby wakes. Babies will not be allowed to settle with a bottle. Only dummies without chains, ribbons or neck cords will used for sleeping.

If your baby is used to being swaddled, they can be swaddled for sleep. We will use only thin materials which you are invited to provide if wished. We will not swaddle your baby if this isn't one of your sleep routines, and will stop swaddling as soon as baby is able to roll over.

If your child falls asleep while in the car, they will be taken gently out of their car seat and laid flat to finish their nap once we return.

Only prams or buggies that can lie flat will be used to place them to sleep. In colder weather, if they fall asleep while out, they will either be left to finish their sleep outdoors in the secure garden or if brought inside, outer blankets will be removed and coats opened to prevent baby overheating.

Soothing music or white noise can be played to help soothe babies during sleep.

General

Bedding will be regularly laundered and any torn bedding replaced. Please let me know if your child has an allergy to any particular washing powder.

To help with your child's routines and attachment needs, we will try to ensure that it is the same person who settles your child to sleep each day as much as possible.

Supervision and monitoring during sleep times

All children will be monitored regularly whilst sleeping. We use a baby monitor for sound and will physically check as necessary.

Regular risk assessment will ensure sleeping practices continue to be safe as children grow and their sleep needs change.

Childminder's Signature: SScarbro

Date: January 2025