

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will.

NO bibs, bottles, toys, quilts, pillows or cot bumpers should be in the cot. To avoid a flat head (plagiocephaly) ensure the baby is positioned with their head facing a different direction each time they are put down to sleep. Babies' heads must not be covered. No strings or cords must be attached to soothers.

We place infants on their backs to sleep even after they can easily turn over from the back to the stomach.

We then allow them to adopt their own position for sleep.

We maintain the temperature in the room where infants sleep between 68-75°F and check it on the thermometer in the room.

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

Ask about the baby's sleep position at home.

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

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.

- 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.
- Clean sheet per child washed weekly (more if needed).
- Sleeping children not to be woken unless emergency or going home.
- Only one baby will be in cot at a time, except in the event of an emergency or during a fire drill.

- All parents of babies cared for in this Nursery will be asked to sign to confirm that they have received, read and understood the Nursery Safe Sleep and that their child's Key Person, Room Supervisor or Nursery Manager has discussed the policy with them.
- FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your key person your preference when the baby turns onto his\her side or stomach.
- Visual supervision is required at all times. At least every 10 minutes the key person or any 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. These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check. We will be especially alert to monitoring a sleeping baby during the first few weeks the baby is in our nursery.

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 key persons working in our nursery are required to receive induction training on the Safe Sleep Policy.

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.

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 cots.

Clean sheet per child shown by picture of child washed weekly (more if needed).

Sleeping children not to be 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.

Only one baby will be in cot at a time, except in the event of an emergency or during a fire drill.

No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for babies.

All parents of babies cared for in this Nursery will receive a written copy of our safe sleep policy before admission.

All parents of babies cared for in this Nursery will be asked to sign to confirm that they have received, read and understood the Nursery Safe Sleep and that their child’s Key Person, Room Supervisor or Nursery Manager has discussed the policy with them.

I, the undersigned parent/guardian of _____ (child's name) do hereby state that I have read and received a copy of the Nursery Safe Sleep Policy and that my child's key person (or Manager) has discussed the Policy with me.

Child's Date of Admission: _____

Parent/Guardian Signature: _____

Date: _____