



Safe Sleep Policy

Policy Statement

Seed To Tree Childcare knows the importance of sleep and rest for all children in the service. We will ensure children get sleep and rest when they may need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the children. In keeping with best practice, we will also ensure that the cots, mattress and floor mats we use are inspected regularly and maintained to a high standard. This policy is available and communicated to all parents.

Guidelines:

Consider the following when drafting your Safe Sleep policy:

- The policy describes the sleep and rest facilities for children under 2 years of age and children over 2 years of age.
- The policy outlines how physical checks on sleeping children take place
- The policy outlines the prohibited equipment for sleeping children (buggies, travel cots etc.)
- The correct sleep positioning of children is described
- The sleeping environment for a child is set out
- The procedure for managing an emergency if a sleeping child is found unresponsive is set out
- The policy should outline how parents/guardians are consulted about the sleep and rest routines for their child while they are in the Seed to Tree Childcare.
- Outline how parents/guardians are given information daily about their child's sleep patterns.

Sample Procedure

Safe Sleep Practices for all children

- Staff will be given clear guidance on appropriate safe sleep practices at induction. Staff who care for children in Seed to Tree Childcare are knowledgeable regarding safe sleep requirements and follow the required safe sleep practices. Ongoing safe sleep training is available to all staff.
- Children are allowed sleep/rest when they are tired and not just at dedicated times of day.
- Staff are aware of children's individual sleep needs and cues.
- Staff communicate with parents/guardians about children's sleep needs and their sleep when in Seed to Tree Childcare.
- Children are never placed to sleep in a buggy or a travel cot. Water beds are prohibited.
- If slings are to be used, they are used in accordance with the manufacturer's instructions.
- Children will always be provided with suitable sleeping facilities away from the main play areas.
- Children are always supervised when sleeping. Depending on the number of children sleeping in cots a staff member may remain in the room where the children are sleeping. If there is no staff member in the room the staff have visibility of the children through a viewing panel into the sleep room and a baby monitor and physically go into the room every 10 minutes to observe each child.
- In addition, if there is a safety risk staff will be in the room while children are sleeping.
- In-room supervision will be provided at all times when children are sleeping on floor beds. Children will be physically checked every 10 minutes. Records of sleep observations will be maintained for each sleeping infant and child.
- Sleep observation records: 10-minute sleep checks are conducted, and staff complete a sleep record for each child, the sleep record contains the following information:



- Time of the check
- Who carried out the check
- The sleep position of the child
- Any change in the child's skin colour
- Any change in the child's breathing pattern
- The sleep room temperature
- Required sleep room temperatures:
 - Babies (less than 12 months): 16 – 20 degrees
 - Infants and Young Children (12 months+): 18 – 22 degrees*

**Where there are babies (under 12 months) sleeping in the same room as older children, the room temperature must be maintained at 16 – 20 degrees*

- Normal adult/child ratio applies for children who are sleeping.
- The sleep room is well-ventilated, and the air is regularly changed in the room. If the sleep room is not between the required temperature, actions are taken to adjust the temperature in the room e.g. opening windows/doors, bringing in a fan or turning on a radiator or heater.
- Cots and floor beds are spaced at least 50 centimetres (half a meter) apart.
- Floor beds are fitted with a firm mattress designed to fit the specific floor bed. The mattress is a minimum of 6cm in depth
- Lighting is adjustable to ensure a relaxed sleepy environment for the children.
- The sleeping practices in Seed to Tree Childcare have been discussed with the local fire officer and comply with fire safety requirements.
- All rooms in Seed to Tree Childcare include a rest area where children can relax away from the main activity.

Safe Sleep Practices for children under 2 years:

- Children **under** two years of age have access to a standard cot which will be located away from the main play areas. These cots meet EU safety standards.
- Children from approximately 15 months onwards who are developmentally ready, may be moved from a cot to a floor bed, once parental permission has been obtained, and all required safeguards are in place (See [Appendix 1: Tusla – Guidance document on sleep provision for children under 24 months](#))
- All cot mattresses in Seed to Tree Childcare comply with EU/CE standards and have no more than a 2.5 cm gap between the mattress and the cot bars. In addition, the cot mattresses have a waterproof covering.
- All floor beds in Seed to Tree Childcare comply with EU/CE standards and have mattresses that are firm and designed to fit the specific floor bed. All floor bed mattresses are at least 6cm in depth.
- All mattresses are cleaned (disinfected) daily/after each use.
- Cots, floor beds and mattresses are checked monthly to ensure they are in good condition, clean and fit for purposes. Cots, floor beds and mattresses are replaced as needed.

Safe Sleep Practices for children over 2 years:

- Children **over** two years of age will have access to a floor bed/ stackable bed/a sleeping mat. These meet EU safety standards.
- Sleeping mats and beds are spaced at least 50 centimetres (half a meter) apart. So that staff can easily manoeuvre around the sleeping mat to provide for the children's care needs.
- Staff will ensure no objects of strangulation or choking are present in or near the sleeping area. For example, soother cords.



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Procedures for placing under 2's to sleep in a cot:

- Infants will always be placed on their backs to sleep
- Infants feet will be placed at the foot of the cot to sleep
- Infants clothes are loose and light
- No bibs, bottles or soft toys are permitted in the cot
- No duvets, pillows or cot bumpers
- Soothers are used appropriately
- Infants are never placed to sleep with a bottle
- Bottles are never propped
- Only cellular blankets are used
- The infants head is never covered
- No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child.
- Controls are implemented to ensure the child does not overheat during sleep.

Procedure for managing an emergency if a sleeping child is unresponsive:

1. First aid is administered, and the emergency services are contacted.
2. The Manager or the person who is in charge at that time notifies the child's parents/guardians as soon as possible of the current situation.
3. The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
4. Staff follow the direction of the paramedical staff.
5. The scene is to be left as it is. An Garda Síochána may need to investigate.
6. Families of the other children attending the childcare service may need to be notified of the incident by the Manager.
7. Staff support is essential following any such incident.

Last Review Date of this policy: 11-Jul-2024

Signed: Pooja Patidar

Date: 11-Jul-2024

Name: Pooja Patidar

Person responsible for approving the Policy.