

## **Safer Sleeping Policy**

This childminding setting includes other adults who work with minded children. These adults may be registered assistants or co-childminders.

As co-childminders, we are responsible for managing the setting and ensuring that policies and procedures are fit for purpose and that all members of staff receive relevant appropriate advice, support, guidance and training.

### **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 and other organisations such as the Lullaby Trust.

Before a child starts in our care, we will talk to parents about their child's sleep needs, including family routines to try to ensure consistency between the child's house and our setting. Parents are invited to bring any particular comfort objects their child needs for sleep, which will be kept specifically for the use of their child. We understand that some children will need support to settle and others will self-settle. We will always take the 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 our 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 us updated as your child's sleep needs and routines change.

We have the following arrangements in place for babies and children to sleep: sleep mats provided for children aged 1 and over, and a travel cot provided for any children under the age of 1.

These are situated in an upstairs bedroom of a member of the family.

### **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 with bedclothes tucked in no higher than baby's shoulders. Cot bumpers, pillows, duvets, pods or nests, bean bags, bouncy chairs, baby swings, or sofas are not recommended for babies and so will not be used.

Only cots/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 baby's head doesn't sink for more than a few millimeters 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 babies 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 your baby to sleep. Only dummies without chains, ribbons or neck cords will be 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 is not one of your sleep routines, and will stop swaddling as soon as your baby is able to roll over.

If your baby 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 babies to sleep. If a baby falls asleep while out, they will be brought inside, outer blankets will be removed and coats opened to prevent baby overheating.

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

## **General**

Toddlers and older children may be placed for naps on the sofa, in buggies that lay flat, travel cots or on sleep mats, depending on their level of mobility and safety. If mobile toddlers and non-mobile babies sleep in the same room, toddlers will be in a cot or travel cot with sides deep enough that toddlers can't climb out of them.

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

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. One staff member will be in the 'sleep room' to monitor the sleeping children. Building ratio may be applied during this time if necessary.

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

Babies will be checked to make sure they are not too hot or cold. If a baby under 6 months turns onto their tummy during sleep, they will gently be turned onto their back.

**Date of next review: February 2027.**