

Safe Sleep Policy and Procedure

At Townsend Montessori Nurseries we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies and children sleeping is paramount.

- Check child's mouth is empty before putting them to sleep.
- 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.
- Babies/toddlers will never be put down to sleep with a bottle to self-feed.
- Babies/toddlers will be monitored visually when sleeping. Check child's chest is rising and falling, alternatively place back of hand near to child's mouth to feel child's breathing.
- Check if child's sleep position has changed.
- Check child is not tangled in blanket or sheet.
- Checks are to be recorded every 10 minutes, and staff to initial this has been completed.
- Ensure that a SIDS poster is displayed on all parent boards and in the sleep room.

We provide a safe sleeping environment by:

- Monitoring the room temperatures. The room temperature will be kept at between 68-72f / 16 – 20 C.
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating. Shoes will be removed from a sleeping child.
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring each baby/toddler is provided with clean bedding
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.
- All babies must sleep in a cot or on a rest mat or bed. Babies may not sleep in a nesting ring, car seat or bouncy chair. If a child falls asleep whilst on a walk then they can be left in the pushchair under staff supervision, ensuring the child is strapped in.
- Babies heads will not be covered with blankets or bedding.

Routine sheets are filled out with the parent and key person when they are settling into the nursery. If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies we will explain our policy to the parents and ask them to sign a form to say they have requested, we carry out a different position or pattern on the sleeping babies form. All key persons working in our nursery are required to receive induction training on Safe Sleep Policy.

Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his / her stomach or side to sleep, they will be asked to provide a note from the babies Doctor that specifies the sleeping position; this note will be placed above the baby's cot. Babies will always be placed on their back to sleep unless there is a signed sleep position medical waiver on file. If the child is less than six months old the waiver must be signed by the child's Doctor, a parent's signature is accepted for children over the age of six months.

We recognise parents' knowledge of their child in 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. They will also not usually wake children from their sleep.

If a child sleeps longer than their usual time a courtesy call will be given to the parent / carer to inform them of this.

If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS and the National back to sleep campaign.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep. Further information can be found at:

Further information can be found at: www.lullabytrust.org.uk

This policy was adopted on	Date for review
29.01.2021	January 2021



Townsend Montessori Safe Sleep Policy Consent form

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 Start Date: _____

Parent / Guardian Name: _____

Signature: _____

Signed on behalf of the nursery: Name: _____

Signature: _____

Date form completed: _____

Name and Signature of Medical professional for other sleep arrangement for under six month olds or Parent if child over six months old:

Name: _____ Occupation: _____

Signature: _____

Date: _____

Sleep Routine

Sleep Times: -

Sleep Positions: -

Comforters: -