



## Infant safe sleep

### Policy statement

Nether Green nursery operate a safe sleep policy through our active partnerships with parents and by raising awareness of sudden infant death syndrome. We believe that proactive steps can be taken to lower the risk of SIDS in our setting.

### Procedures

#### Parents as partners

To help us provide the best possible care a key person or practitioner will;

- The sleep policy is assessible to all parents through our policy and procedures.
- Gather information on how the child sleeps at home and how the parents feel would be best for them whilst at nursery, this is recorded on a care plan stored in the childs files.
- Advise parents that nursery follow the back to sleep position and that it is recommended by the foundation of the study of infant deaths.
- Ask for parental preferences when the settling their child to sleep, are they patted? Go to sleep by themselves etc

#### The nursery practitioner role;

To minimise the risks of SIDS the following procedures are followed;

- All nursery practitioners and support workers will receive in house induction on our infant safe sleep policy and SIDS risk will be discussed with all staff.

### Sleep Routines

- individual sleep mats and head sheets will be laid down, the room will become darker and quieter more conducive for rest periods
- staff will support the children o sleep by offering soothing tones and rhythmic patting and gentle stroking of the childs head; this supports the child in feeling safe and secure.
- Once a child is asleep, at **15-minute** intervals the staff will check the child for breathing, chest movements, raising up and down and checking the children are becoming too hot or cold etc.
- The children are encouraged to wake up when they are ready, however if the parent requests to reduce sleep time this will be discovered with the key person

### **Further Guidance**

Please refer to the safeguarding policy for any additional information.

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