



SAFE SLEEP POLICY

AIM:

This policy is in place to ensure that babies and children attending Colourbox always sleep in a comfortable and safe environment. The information in this policy follows the advice provided by The Lullaby Trust (www.Lullabytrust.org.uk)

All children should have the sleep that they require to support their development. Wherever possible we strive to mirror the sleep patterns relayed to us by parents, however we will not force a child to sleep or keep them awake against his or her will.

Following guidance from NHS choices and Lullaby Trust to ensure safety of all children and risk reduction of Sudden Infant Death Syndrome when sleeping, staff must read and adhere to the below in all settings including forest schools;

Cots for Babies aged 3 to 12 months

Coracles may only be used for babies aged 6-20 months.

- Each child should have their bottom sheet with either their own (from home) sleeping bag or a lightweight nursery blanket. Children are not to be 'tucked in'.
- Clean, properly fitting sheets must be used with mattresses and sleep mats - do not put the child's head directly onto the mesh on the cot mattress or sleep mat.
- No items such as cot bumpers, pillows or toys may be placed in the cot. Parents may provide a safe sleep comforter.
- Always place babies on their back to sleep and not on their front or side.
- If a baby has rolled onto their tummy, you should turn them onto their back again.
- Once a baby can roll from back to front and back again confidently, on their own, they can be left to find their own sleep position.
- Transfer any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest i.e. cot, coracle or sleep mat.
- Ensure that babies and older children are suitably dressed for sleep, e.g. items such as bibs or hats must be removed.
- Babies, toddlers and older children are monitored visually when sleeping.
- We do not have separate sleep rooms.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.

Monitor the room temperature:

- Do not let babies or older children get too hot – it is important to ensure that the child's head is not covered when put to sleep as children lose excess heat from their head.
- Do not put babies or older children to sleep near a radiator or in direct sunshine as they may overheat.
- If sleeping outside, appropriate measures must be taken to ensure children are protected from the elements and in line with Sun Smart policy to prevent sun burn or sun stroke.

Check the cot/mattress:

- Ensure that all spaces around cots, sleep mats and coracles are clear from hanging objects i.e., hanging cords, blind cords, drawstring bags.
- Only use safety-approved cots or other suitable sleeping equipment (i.e., coracles or mats) that are compliant with British Standard regulations.
- Babies and older children are not allowed to be put to sleep in push-chairs, car-seats, baby bouncers, swings or any equipment other than the cots, sleep mats and coracles that have been designated by the company. Additionally, babies are not to be placed on soft surfaces such as cushions, bean bags or soft toys to sleep.
- Ensure that the cot mattress or sleep mat is in good condition, and not damp or soiled.
- Cots must be placed far enough apart that a child cannot touch the next cot.

Emergency Procedure to be followed if a child has stopped breathing:

- One member of staff to begin resuscitation
- One member of staff to phone ambulance
- Immediately notify Manager in charge
- Manager to phone parents as soon as possible
- Manager to telephone police
- Manager to inform OFSTED and RIDDOR

This policy will be reviewed in April 2024