**Rothesay Primary Pre-5** 

**Safe Sleeping Policy**

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| **Article 6: I have the right to live and grow as a person.****Article 24: I have the right to be as healthy as possible.****Article 31: You have the right to… rest.** |

**Statement of Purpose:**

Our “Sleep policy” is to ensure as many of the risks factors associated with Cot Death are reduced to protect our sleeping babies/children. We will follow the Scottish Death Trust guidance on providing a safe sleeping environment to minimise the risks of cot death when children are in our care.

Article 31 of the United Nations Convention on the Rights of the Child states that children have a right to rest: At times, children will require a sleep or rest while they are at Rothesay Primary Pre-5. Staff will communicate with parents/carers during Induction to establish the child’s requirements and preferred sleeping arrangements. Whenever parents/carers indicate that they no longer wish their child to be settled to sleep, their wishes will be respected if possible. However, staff will not force a child to stay awake if they are indicating the need to sleep, for example crying, rubbing and closing their eyes. In addition, staff may be required to settle a child to sleep on occasions where the child appears extremely tired and upset, or if they become unwell and need to rest.

We will be responsive to the needs of the children in our care, recognising that sleep is vital to their health, wellbeing, learning and development and support children to sleep when they choose to. We will provide safe and cosy spaces which are comfortable and away from distractions, indoors and out, where children can rest or sleep.

As professionals working with families, we will ensure all staff and parents know about our procedures in place to reduce the risks. A baby is reliant on their care givers to keep them safe during sleep times therefore we will ensure that all staff are trained and aware of the safe sleeping messages and understand the importance of following them.

**Procedure/Guidelines:**

* Keyworkers will discuss with parent/carer how they wish their child to be settled to sleep and what the baby/child’s sleeping patterns are.
* We recognise that a cot is the preferred place for babies to sleep and utilise baby sleep crib or sleep mats to promote best practice for safe sleep and children are monitored rigorously. They will not be allowed to sleep in a car seat; if a child is brought into nursery sleeping in a car seat/pram they will be transferred into a sleep crib, sleep mat or cot.
* The mattress, beds and sleep mats are cleaned by staff after every use and the child will be provided with their own clean bedding which will be laundered after use. If a child has a regular sleep their bedding will be stored in a sealed bag and laundered every Wednesday. If the bedding needs washed beforehand staff will do so.
* Sleep Mats and Cot/crib will be placed in a well ventilated space and will not be placed next to or near a radiator.
* An adult will always be present when children are sleeping. Children under 6 months old will be checked every 5 minutes and children over 6 months old will be checked every ten minutes.
* If children fall asleep outdoors while on walks in the pram then they will be supervised and monitored in the same manner. Parents will sign a permission slip to state that they are happy to allow their children to sleep in the pram while walking outside. Upon returning to the setting, children will be placed on a clean sleep mat or crib.
* Staff will ensure that children are suitably dressed for the weather. They will not be overdressed, to avoid overheating. The room temperature should be 16-20oC; staff will monitor the room temperature. If the temperature is above 20 degrees on hot days blankets will be removed and windows open to support safe sleep.
* Children’s heads will not be covered with blankets or bedding, to avoid the risk of suffocation.
* Dummies will be permitted and comforters will be use in line with best practice guidance.
* Teddies/stuffed toys will be removed when the child falls asleep, to avoid the risk of suffocation. Children will be encouraged to remove their shoes when going to sleep.
* Activities will be planned throughout the session to ensure a balance of rest and play.
* Staff will complete a sleep plan for each individual baby/child and inform parents at pick up time if their child has had a sleep.

**Monitoring of Policy**

It will be the responsibility of the Lead Practitioners and Manager to ensure that new or temporary staff are familiar with these procedures and to monitor that all staff are implementing them. This will be achieved by regularly inspecting the playroom spaces and ascertaining whether the appropriate records are being maintained and parents kept informed.

**Links to national policy:**

1. United Nations Conventions on the Rights of the Child, UNICEF
2. Safer Sleep for Babies, Care Inspectorate
3. Health and Social Care Standards: My Support, My Life – 1.9, 2.1

**References and Links**

<https://safesleepscotland.org/>

(Safe Sleep Scotland ;Provide information, advice, and education sessions about safe infant sleep)

<https://scottishcotdeathtrust.org/wp-content/uploads/2019/02/early-years-safe-sleep-guide.pdf>

<https://www.nhsggc.org.uk/kids/life-skills/sleep/>

<https://hub.careinspectorate.com/media/1623/space-to-grow.pdf>

<https://scottishcotdeathtrust.org/wp-content/uploads/2019/02/early-years-safe-sleep-guide.pdf>

<https://www.nhsggc.org.uk/kids/life-skills/sleep/>