



Bell House Nursery

Quality Childcare

Safe sleep policy

Bell House Nursery operates a Safe Sleep Policy. All staff working with children under 2 years old will have specific baby training and all staff working in the Nursery will have specific safe sleeping training.

Our policy requires that the key person discuss the Safe Sleep Policy with a child's parent or guardian before admission. All key persons working in our nursery are required to receive induction training on the Safe Sleep Policy.

During a child's settle in sessions the following will be discussed with parents:-

- Ask about the baby's sleep routine at home.
- Explain the nursery safe sleep policy and that is implemented to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Inform the parents that even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side. Information on safe sleeping can be found on <https://www.lullabytrust.org.uk/>
- 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 baby's doctor that specifies the sleeping position; this note will be placed within the baby area or sleep room and in the child's file.

Safe sleep policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep babies safer while they sleep. Bell House Nursery will practice the following sleep policy:

- All key persons will receive training on our Safe Sleep Policy and will do our Safer Sleep online course.
- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file.

- The Lullaby trust recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they preference when the baby turns onto his/her side or stomach.
- The Lullaby trust recommends that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms part of your child's sleep routine, it will always be used at sleep times. It is recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, taking into account children's emotional needs.)
- Visual supervision is required at all times. At least every 10 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 16-20 degrees.
- All babies must sleep in a cot or an approved sleep mat in the top to toe position.
- Babies heads will not be covered with blankets or bedding; babies cots will not be covered with bedding. Babies will sleep in a sleeping bag either provided by the parent or use one of our spare ones that will be washed every week.
- Loose bedding, pillows, bumper pads etc, will not be used in cots.
- We will allow one comforter for children whilst they are asleep but this will be monitored and moved away from childrens faces.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breathe do not smell of smoke when caring for caring for babies or any other children within the nursery.
- All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.

Reviewed by Amelia Pullen and Sophie Rowley
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