

# Safe Sleep Policy

Askea Community Childcare Centre will ensure that all staff will implement best practice guidelines in managing children's sleep time, to facilitate rest time, safety and wellbeing of all children.

## Principle of Safe Sleep Policy

This policy is underpinned by the Childcare Act 1991 [Early Years Services] Regulations 2016 Our Duty to Care 2002 and Children First National Guidelines for the Protection & Welfare of Children

## Procedures for Safe Sleep

Askea Community Childcare Centre has a safe sleep policy that follows the **Safe Sleep Guidelines** laid down by the **Tusla**, taking into consideration Childcare Act 1991 [Early Years Services] Regulations 2016 to reduce the risk of Cot Death.

Through this Safe Sleep Policy parents are reassured that all staff will implement best practice guidelines in managing their child's sleep time.

It is the policy in Askea Community Childcare Centre that children under two years sleep in a separate sleep room, in standard cots which are of good design and in good condition, are solid and stable with a recognised safety standard. The mattresses also are firm and well fitting, with a gap from the sides of the cot of less than 2.5cm. Each mattress has a removable and washable cover.

Children over two years will have a suitable sleep area, their own sleep mat/stacking bed and blanket/sleeping bag.

A copy of the HSE Safe Sleep policy is available for parents.

### **Safe Sleep Practice & Procedure:**

- Baby always put to sleep on back.
- Feet to Foot. (Baby's feet at foot of cot) To avoid baby wriggling down.
- Baby's clothes are loose and light.
- No bibs, bottles or soothers or toys permitted in cots.
- Only cellular blankets to be used. No pillows, duvets or bumpers.
- Baby's head must never be covered.
- Electronic monitor used in baby sleep room.
- Physical sleep check carried out every 10 minutes. This is recorded in the sleep log which includes the time baby fell asleep and awoke, baby's colour, breathing and positioning.
- **Bedclothes:** Bedclothes are tucked in loosely but securely. Bedclothes are not shared. Bedclothes are labelled with each child's name. Linen is washed twice weekly or when soiled and documented in laundry log

- **Temperature:** Temperature in the sleep area to be maintained between 16-18 degrees Celsius. A wall mounted thermometer is in place in all sleep areas. Temperature will be noted in the sleep log every 10 mins.
- **Safety:** No cot is directly adjacent to curtains, blinds or anything that may assist the child in climbing out of the cot. All blinds cords are anchored to avoid strangulation. At least 1.4m<sup>2</sup> is allowed per cot to allow staff unhindered access to each sleeping child.

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This policy was agreed and adopted by Askea Community Childcare Centre.

Date: \_\_\_\_\_

Signed by \_\_\_\_\_ on behalf of management

This policy will be reviewed on 1<sup>st</sup> September 2017 in collaboration with staff and parents

## Askea Community Childcare

### Procedure in the event of a staff member finding a baby that they believe to have stopped breathing

1. Ascertain that the child is not breathing.
2. Do not leave the child.
3. Call for help and begin CPR immediately.
4. The closest member of staff to call an ambulance immediately.
5. The manager or person in charge to notify parents/guardians that their child has stopped breathing, that an ambulance has been called and for them to go to the hospital to which the child has been taken.

6. The staff member who found the child and has been resuscitating the child will accompany the child to the hospital in the ambulance and stay with the child until the parents/guardians and manager has arrived.
7. The staff member that found the child must be assured that he/she will not assume any blame or responsibility for what has happened. Critical Incident Stress Management (C.I.S.M.) will be provided after an incident such as this.
8. The manager may stay with the parents/guardians until they are ready to leave.
9. Leave the scene where the child was found as it is as the Garda may need to investigate.
10. The manager may need to notify the other parents in the centre of the incident.

**Note**

All staff members receive induction on the safe sleep policy. This includes precautions to be taken to prevent Sudden Infant Death Syndrome. All staff have first aid qualifications including administration of CPR to infants, children and adults. All first aid certification of staff is kept up to date.

**I have read, understood and will implement the above policy.**

**Name:** \_\_\_\_\_

**Room:** \_\_\_\_\_

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Date: \_\_\_\_\_

Signed by \_\_\_\_\_ on behalf of management

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