Delaware Pre-School
Providing Quality Childcare Since 1969

Sleep safe policy.

Delaware pre-school operates a sleep safe policy. Our policy requires that every staff member receives a copy and an induction on how we operate to ensure all our children are in a safe environment.

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 and that parents and childcare professionals can work together to keep babies safer while they sleep. Delaware Pre-school will practice the following;

- Every member of staff will receive a copy of this policy and the induction process will be carried out giving opportunity to ask any questions.

- Every child will be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of this will be shared with the whole staffing team.

- FSID (The foundation for the Study of Infant Deaths) recommends that babies are placed on their backs to sleep, but when babies can easily turn over from back to stomach, they can be allowed to adopt whatever position they prefer (back, side or stomach).

- If a dummy forms part of your child's sleep routine, it will always be used at sleep times. FSID recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The keyperson will work with parents to phase out dummies sensitively, taking into account children's emotional needs.)

- Children are always within sight and hearing of staff when sleeping. At least every 10 minutes the allocated level 3 qualified staff member or a staff member assessed as working to a level 3 equivalent standard will

visually check on the child and note if the sleep position has changed. The allocated level 3 qualified staff member or a staff member assessed as working to a level 3 equivalent standard will log the check with a time and signature in the child's individual sleep log.

- Babies age 1 and under must only be placed to sleep in a cot.

Each check MUST; LOOK for signs of child breathing; LISTEN for the child's breath; FEEL chest and mouth for breath.

- Steps will be taken to keep the child from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping; room temperature will be kept between 16-20 degrees.

- Sleep logs will be given to the manager or deputy manager every Friday, along with all other weekly paperwork for checks. Manager/deputy to sign and make actions if necessary.

- The child may not sleep on cushions, bouncy chairs, car seats or push chairs.

- The child's head will not be covered with blankets or bedding.

- Loose bedding, pillows, bumper pads etc, will not be used in cots.

- Toys, stuffed animals or bottles/drinks are not allowed in the child's cot.

- A safety approved cot with a firm fitting mattress and fitted sheet will be used.

- Curtains, blinds and drapes must be out of reach at all times.

- Staff members must follow Pre-school guidelines if they feel a baby is unwell in line with the sickness policy.

- No smoking is permitted on the premises, any staff member that smokes will ensure that their clothes and breathe do not smell of smoke when caring for a child.

- Every member of staff must watch The Lullaby Trust - safer sleep for babies video and read the NHS advise on SIDS.

  In the event a child appears listless follow DR. ABC checks (Check for danger. Check for response. Open airway. Check Breathing. If not present start CPR). Notify another staff member to call 999. Stay with child. Support emergency services. Another staff member to notify parent (child has been sleeping and appears unwell and the situation is urgent).

	2025	2026	2027	2028	2029	2030	2031
Chair sign:	A.A	AC					
Manager Sign:	HA	HA					
Date of review	April 25	April 26					
Date of next review	April 26	April 27					

Changes 2025	n/a
Changes 2026	n/a
Changes 2027	
Changes 2028	
Changes 2029	
Changes 2030	
Changes 2031	