

Safe Sleep Policy

Rationale

Babies spend a large part of their time sleeping. A newborn may sleep for a total of 10.5-18 hours a day and an infant up to one year of age for an average of 9 to 12 hours at night as well as taking naps of up to 2 hours one to four times a day.

Some sleeping arrangements are not safe for a baby and can increase the risk of Sudden Unexpected Death in Infancy (SUDI), including SIDS and fatal sleeping accidents (*source SIDS Safe Sleeping Child Care kit*)

Document control

Managed by : Director of Lake Windemere B-7 Children's Centre and Occasional Care staff	Approved by Governing Council
Multidisciplinary team of Lake Windemere B-7 Children's Centre	Date approved: 22/03/2017
	Review Date: March 2020 Next review:

1.0 TITLE

Safe Sleep Policy

2.0 PURPOSE

To ensure all babies in our care are slept in a safe sleeping environment to reduce the risk of SIDS and fatal sleeping accidents.

3.0 Scope

This policy applies to all educators, staff, students and volunteers of Lake Windemere B-7 Children's Centre.

4.0 OBJECTIVE

- To ensure all staff, educators, students and volunteers are informed of SIDS and KidsSafe sleeping recommendations for best practice.
- To ensure consistent safe sleeping information is displayed throughout the service.
- To ensure all staff, educators, and volunteers implement and comply with safe sleep practices and guidelines recommended by SIDS and Kids safe Sleeping program

5.0 POLICY DETAILS

- Children under two years of age will be placed in a cot to sleep.
- Infants will be placed on their back with their head and face uncovered, with their feet touching the bottom of the cot to prevent wriggling down under blankets and coverings.
- Children over two years of age will be placed on a sleeping mat on the floor.
- Any child whom is sleeping will be checked on every 5 minutes and an educator will sign the sleep chart on the sleep room door.
- The temperature in the room will be monitored to ensure the comfort and safety of the children.
- The cot will be kept clear of toys, bumpers, pillows and any other hazard.
- Sleeping children will remain in the line of sight to educators through a viewing window in the sleep room door.
- Staff will determine if baby or toddler has been swaddled from birth. If the family has used swaddling from birth staff will discuss the SIDS Safe wrapping brochure and provide families with a copy of this brochure. Staff will swaddle children using the SIDS Safe Wrapping procedure as outlined in Safe wrapping brochure.
- If families who have not swaddled the baby from birth the Centre **will not** use the swaddling technique.
- Staff will ensure that the Safe Sleeping policy and the Safe Wrapping brochure is displayed where the child is sleeping.

6.0 SUPPORTING GUIDELINES

- Safe Sleeping Checklist and Guidelines for education and care services
- SIDS and Kid safe sleeping child care kit
- SIDS Safe wrapping brochure
- Information supplied by Marilyn Waing from SIDS

7.0 MONITORING, EVALUATION AND REVIEW

Oversight:	Children's centre Director
Implementation:	All programme leaders
Monitoring:	Multidisciplinary team