

Kiddy Academy Infant Safe Sleep Policy

Kiddy Academy Day Nursery operates a safe sleep policy. Through our active partnership with parents and by raising awareness of Sudden Infant Death Syndrome (SIDS) we believe that proactive steps can be taken to lower the risk of SIDS in our setting.

We do this in the following way:

Key Person and Nursery Practitioner role

To minimise the risk of SIDS the following procedures are followed:

- All under 3's nursery practitioners and support workers will receive in house induction on our Infant Safe Sleep Policy and SIDS risk reduction.
- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed on the baby's file. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.
- Babies will be placed with feet closest to the bottom of the cot/sleep mat, and blankets (if used) placed across the torso and tucked under their arms, at the foot and sides, to minimise the risk of over heating during sleep.
- FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.
- Babies will never be put down to sleep with a bottle to self-feed.
- Babies will be monitored visually when sleeping, checks are recorded every 10 minutes.
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed as well as movement and sound.

Providing a safe sleeping environment

- Room temperatures are monitored daily and throughout the day to ensure that the optimum temperature remains between 16-18C.
- Light bedding (blankets) will be used, and babies will be appropriately dressed to avoid overheating.
- Safety approved cots and sleep mats are compliant with British Standard

Regulations.

- Toys and stuffed animals will not be placed in the child's cot/sleep mat.
- All babies must sleep in a cot, sleep mat or on an approved surface.
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest.
- We have a no smoking policy in compliance with government legislation and staff members who smoke will ensure that their clothes and breath does not smell of smoke whilst at work so that babies do not experience the unpleasant odour.

An annual "unresponsive infant" drill will be carried out as additional training to support this policy and our practices.



Childcare at its Best

Review date: 16.01.18	Date of next review: 16.01.19