

Newington Community Primary School



EYFS SAFE SLEEP POLICY

2023-2024

Written in Term 1 2023

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Approved by the Governing Body:

Signed: (Chair of Governors)

Review: Term 1 2024

Introduction

At Newington Community Primary School, we aim to ensure that all children have enough sleep to support their development and natural sleep patterns in a warm and safe environment. As outlined in the Statutory Framework for the Early Years Foundation Stage; we work in partnership with parents and carers in relation to their child's sleep needs and patterns as much as possible. All sleep mats for children conform to recognised safety standards. Ensuring toddlers can sleep safely and comfortably is paramount. Our policy follows the advice and guidance provided by the Lullaby Trust to minimise the risk of Sudden Infant Death. Procedures and rotas are in place for supervising and regularly checking sleeping children. Sleeping children are always individually and frequently checked in person. The sleep area is kept clean, calm, quiet and comfortable so that children can relax, rest and sleep. Where a parent/carer requests a sleep routine that does not meet with the good practice guidelines, for example, requesting that their child be denied sleep for the day; that they be put to sleep with a feeding bottle, parents will be informed that our setting is responsible for keeping the children in our care safe. As well as safe sleep provision, all children will be provided with opportunities to have quiet or rest periods, within the daily routine, that meet their individual needs throughout their sessions.

Procedures and Practice

The practitioners of Newington Community Primary School will ensure that:

- If a registered medical practitioner has recommended a different sleep position then this must be clearly evidenced in a written note from that practitioner.
- Children are never put down to sleep with a bottle to self-feed.
- For toddlers who use a dummy/soother, no strings or cords must be attached.
- There are no aprons, bottles, toys, quilts, pillows with the child whilst they are sleeping.
- Toddlers are monitored visually when sleeping. The key person, will look for the rise and fall of the chest and check if the sleep position has changed. Checks are recorded every ten minutes and recorded. Time limits set by parents/carers will be adhered to. No child is left unattended.

We recognise that all children are different and may like to be comforted in various ways to soothe them to sleep. Forms of comfort that are acceptable are listed below:

Gently patting a child's back
Rubbing a child's back
Rocking a child to sleep- hand on back
Holding and rocking a child to sleep

Sleep environment

- The sleep area will be adequately ventilated.
- We will control the lighting in sleep room with blinds/curtains but there is adequate visibility for supervision. The viewing panel on the sleep room door, will never be covered.
- The sleep room temperature will be maintained at between 16 oC and 20 oC. A wall-mounted thermometer is provided to monitor the temperature. This will be recorded on our sleep records.
- Toddlers will not be allowed to get too hot. Practitioners will check how warm a child is, by putting their hand on the skin on their chest or the back of their neck. If they are concerned about the temperature of a baby, they will use a digital thermometer.
- A sleep log for each child is maintained and will record:
 - the time of the check
 - the child's sleep position
 - any change in the child's normal breathing pattern
 - change in the child's normal skin colour

- the child's head is uncovered
 - the room temperature
 - the name of the person who checked the child
- All logs will be kept in the Safe Sleep File which is kept in the nursery.
 - The procedure for monitoring will be displayed beside the sleep area. Each child's Key Person is responsible for sharing information with the child's parents or guardians.
 - At all times, the relevant adult/child ratio outlined in the Early Years Statutory Framework will be adhered to.

Safety of sleep mats

An adequate number of sleep mats are provided to ensure that all children have access to a mat, as appropriate for their needs.

Practitioners will ensure:

- No objects or toys can be obtained by the children, when resting or sleeping.
- No cords or strings of any kind are in or near the sleep area
- There is enough space between each sleep mat to allow easy access to and around each one.

Hygiene

Mats will be cleaned after each use.

Dealing with emergencies

In the event of finding a child who appears to be unresponsive and breathing or not breathing the staff member trained in emergency First Aid will respond immediately and appropriately.

1. Check for breathing - Tilt their head back and look and feel for breaths. If they're not breathing, move on to step two. Tilting their head back opens their airway by pulling the tongue forward. Looking at their chest to see if it's moving, and putting your face next to their mouth to feel for breaths on your cheek, will help you tell if they're breathing or not. If they're not breathing, they may also look pale and blue.
2. Tell someone to call 999 immediately - If you're on your own carry out rescue breaths and chest compressions, as described below, for one minute, and then call 999.
3. Give five rescue breaths - Tilt their head back, seal your mouth over their mouth and nose and blow five times into them. You're acting as the lungs by blowing into them and topping up the oxygen levels in the baby's blood. This oxygen is needed to keep their organs alive.
4. Give 30 chest compressions - Push firmly in the middle of their chest with two fingers so that the chest goes inward, then release. You're acting as the heart by keeping blood pumping around their body and helping keep their vital organs, including the brain, alive.
5. Give two rescue breaths and then continue with cycles of 30 chest compressions and two rescue breaths until help arrives.

Records and Record Keeping

All records relating to safe sleep and any incidents are stored safely in the nursery, as per the guidance of the early years' curriculum.

Communication Plan

All staff members will receive induction training on this Safe Sleep Policy. This includes precautions to be taken to prevent Sudden Infant Death (SIDs), guidance on what to do in the event of a baby being found unresponsive and not breathing and a step-by-step guide to resuscitation of a child who is not breathing. This is displayed in the main nursery and in the sleep area.

This policy is also shared with parents/carers and they are involved in decisions relating to meeting their child's individual needs.

Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS): is the sudden and unexplained death of a baby where no cause is found after a detailed post-mortem.

Unsafe sleeping positions and environments are increased factors in possible SIDS so to prevent this we follow the following guidance.

Research has shown that overheating arising from high room temperature, excessive insulation (overwrapping) or both, is associated with an increased risk of SIDS.

A high proportion of infants who die as a result of SIDS are found with their head covered with bedding.

Loose bedding which can cover a baby's face or head can be dangerous and has been shown to increase the chance of SIDS. Soft or bulky bedding, such as quilts, pillows, and duvets, is also associated with an increased risk of SIDS in the UK.

There is substantial evidence from all round the world to show that sleeping a baby on their back (known as the supine position) at the beginning of every sleep period significantly reduces the risk of SIDS. However, sleeping an infant prone (on its front) or side is associated with a significantly increased risk of SIDS. Studies have also shown that infants who usually sleep on their back but are then placed on the front or side to sleep are at a particularly high risk. It is therefore important that babies are put on their backs consistently as part of their regular sleep routine.

For full details of the Newington Community Primary School's privacy notice and compliance with GDPR regulations, please navigate to: www.newington-ramsgate.org.uk