



LINKS CHILDCARE POLICIES & PROCEDURES

SAFE SLEEP POLICY

Last Review Date: April 2023

Policy No. 16

Issued: 2006

Policy Statement

Links Childcare knows the importance of sleep and rest for all children in the service. We will ensure children get either sleep or rest when they may need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the children. Proactive steps can be taken to improve a young child's sleep time. All our staff work in conjunction with our parents ensuring we can provide the safest environment for our sleeping children. This policy is available to all on www.linkschildcare.ie (<https://linkschildcare.ie/about-us/our-policies/>) or contact us at info@linkschildcare.ie.

Principle

This policy is underwritten by the Child Care Act 1991 (Early Years Services) Regulations 2016.

Procedure

- All childcare staff working in the baby/wobbler/toddler room, or child care staff who may potentially work in these rooms, will receive training on our Safe Sleep Policy.
- Babies and Wobblers sleeping in cots will always be placed on their backs to sleep, with their feet touching the base of the cot, unless there is a signed sleep position medical waiver on file. In that case, a waiver notice will be posted at the child's cot and the waiver filed in the child's file.
- Industry experts recommend that babies are placed on their back 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 for sleep. We at Links Childcare will follow this recommendation.
- Each child in our care will be visually checked while sleeping. Sleeping children will be checked every 10 minutes, by assigned staff. The following information will be documented; child's position, child's breathing pattern, child's colour, the time child was put down at, the time child fell asleep at and the time child woke up. The sleep information will be recorded on a Sleep Chart. The Sleep Chart will be kept on file for inspection.
- Steps will be taken to keep children from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing or overwrapping the child.
- In so far as is practicable children will be facilitated to sleep when they are naturally tired and, in normal circumstances will not be woken from sleep
- Cot: These also meet EU safety standards. The bars should be no more than 6cm apart (round) or no more than 7.5cm apart (flat). The mattresses comply with EU/CE standards and have no more than a 2.5 cm gap between the mattress and the cot bars. In addition, the cot mattress will be:
 - Well-fitting safety mattress.
 - Clean firm and correct size for cot
 - Covered with waterproof material
 - Easy to clean and disinfect.
 - Well aired and dry.
- Children over two years of age will have access to a sleeping mat.
- All blankets, sheets and linen will be laundered at least once per week and more often if necessary and recorded on the cleaning schedule.
- All cots and mats will be cleaned with antibacterial spray in between use of different children.



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- Cots, sleeping mats and beds are spaced at least 50 centimetres (half a meter) apart. So that staff can easily manoeuvre around the cot/sleeping mat to provide for the children's care needs.
- Staff will ensure no objects of strangulation or choking are present or near the sleeping area.
- It is our policy at Links Childcare to work in cooperation with parents in all aspects of their child's care. Parents of children between 18 months and 2 years may prefer their child to sleep on a mat, if there is a risk of the child climbing and subsequently falling from the cot. Parents are asked to complete a Risk Assessment form. See Appendix 1.

Safe Sleep Environment

1. Room temperature will be kept between 16°-20°C and a thermometer kept in the sleep room. Wall/shelf mounted thermometer is used to record room temperatures.
2. Children's clothes are loose and light. Only cellular blankets or sleep bags are used for children under 2 years
3. The child will be placed at the foot of the cot, with his/her feet touching the base of the cot.
4. Children's heads will not be covered with blankets or bedding. Children's cots will not be covered with blankets or bedding.
5. All prohibited sleep equipment listed below will be removed from the child and the cot.
6. A safety-approved cot with a firm mattress and tight-fitting sheet will be used.
7. Only one child will be in a cot at a time, unless we are evacuating infants in an emergency or for the purpose of carrying out fire drills.
8. Children will not be placed in a cot/on a bed with a bottle.
9. No cots will be adjacent to a heater, curtains, blinds or anything which is a danger to the child.
10. Monitor will be used
11. Controls are implemented to ensure the child does not overheat during sleep

Prohibited sleep equipment:

- Bottles
- Pillows
- Bibs
- Soft toys
- Shoes
- Outdoor clothing
- Jumpers with hoods
- Duvets
- Soother chains
- Cot bumpers

Procedure for managing an emergency if a sleeping child is unresponsive:

1. First aid is administered, and the emergency services are contacted.
2. The Manager or the person who is in charge at that time notifies the child's parents/guardians as soon as possible of the current situation.
3. The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
4. Staff follow the direction of the paramedical staff.
5. The scene is to be left as it is. An Garda Síochána may need to investigate.
6. Families of the other children attending the childcare service may need to be notified of the incident by the Manager.
7. Staff support is essential following any such incident.



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This policy is available and communicated to staff, parents and guardians. It is available to view in the service and at www.linkschildcare.ie

Review

Management in consultation with staff monitors and reviews the effectiveness of this policy yearly or as required.

Review Dates:	2007	2008	2009	2010	2011	2012	2013	2014	
	2015	2016	2017	2018	2019	January 2020	June 2020 *Covid	October 2020	April 2023

Appendix 1

Individual Risk Assessment for Cot Use

At Links Childcare we want to ensure the safety of your child at all times including Sleep Time. TUSLA, The Child & Family Agency, in Part V, Regulation 20 (1) states that



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old) sleep or rest needs are accommodated in a standard cot unless the child has a history of climbing out over the cot in which case a floor bed or mat is safer.

We want to ensure that we are providing the safest place for your child to sleep and you are requested, therefore, to complete the Risk Assessment below.

Name of Child: _____

Age in months: _____

Can your child stand and lean over the bars of the cot? _____

Can your child climb out of a cot? _____

Is your child used to sleeping in a cot? _____

Are there cultural reasons why your child should not sleep in a cot? _____

Are there emotional/psychological reasons that place your child at risk in a cot? _____

Following consultation, it is agreed that _____ will sleep in a cot _____ on a sleep mat _____
Please tick as appropriate.

Parent/Guardian Signature(s)

Manager's Signature

Date: _____
