



Safe Sleep Policy

Policy Statement

Riverside Childcare knows the importance of sleep and rest for all children in the service. We will ensure children get sleep and 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.

This policy has been updated in line with current guidance the HSPC Infection Prevention and Control guidance for services providing childcare during the COVID-19 Pandemic, the DCYA's Return to Work Safely Protocol and Tusla's Children Services Regulations Guidance Document for Early Years Services: COVID-19

In keeping with best practice, we will also ensure that the cots/stackable beds/sleep mats we use are inspected regularly and maintained to a high standard. **This policy is available and communicated to all parents and guardians.**

Principle

This policy is underwritten by the Child Care Act 1991 (Early Years Services) Regulations 2016, the Child Care Act 1991 (Early Years Services) (Amendment) Regulations 2016 and the Tusla Early Years Inspectorate Quality Regulatory Framework.

Procedure

Safe Sleep Practices for all children

- Staff will be given clear guidance on appropriate safe sleep practices at induction. Staff who care for children in Riverside Childcare are knowledgeable regarding safe sleep requirements and follow the required safe sleep practices. Ongoing safe sleep training is available to all staff.
- Children are allowed sleep/ rest when they are tired and not just at dedicated times of day.



- Staff are aware of children's individual sleep needs.
- Staff communicate with parents/guardians about children's sleep needs and their sleep when in Riverside Childcare. Such communications methods will be agreed so as to adhere to physical distancing guidelines.
- Children are never placed to sleep in a buggy or a travel cot.
- If slings are to be used, they are used in accordance with the manufacturer's instructions.
- Children will always be provided with suitable sleeping facilities away from the main play areas. At Riverside Childcare **we only cater for one pod of children** so social distancing between cots/stackable beds to separate different pods is not necessary.
- Laundry if a child is diagnosed with COVID-19 – All bed sheets from beds will be removed immediately and will be washed at the highest temperature that the material can stand. Items will be tumble dried and ironed using a hot setting/ steam iron if required.
- Children's bed sheets are only used by individual children and laundered on a weekly basis or more often if they are dirty. Children's bed sheets are stored separately. Children's bed sheets are never shared.
- Children are always supervised when sleeping. A staff member will remain in the room where the children are sleeping.
- 10-minute sleep checks are conducted, and staff complete a sleep record for each child, the sleep record contains the following information:
 - o Time of the check
 - o Who carried out the check
 - o The sleep position of the child
 - o Any change in the child's skin colour
 - o Any change in the child's breathing pattern
 - o The sleep room temperature (it should be between 16-20 degrees)
- The room is well ventilated, and the air is regularly changed in the room. If the room is not between the required temperature (16-20 degrees), actions are taken to adjust the temperature in the room e.g. opening windows/doors, bringing in a fan or turning on a radiator or heater.



- Cots are spaced at least 50 centimeters (half a meter) apart.
- Lighting is adjustable to ensure a relaxed sleepy environment for the children.
- The sleeping practices in Riverside Childcare have been discussed with the local fire officer and comply with fire safety requirements.
- All rooms in Riverside Childcare include a rest area where children can relax away from the main activity.

Safe Sleep Practises for children under 2 years:

We do not cater for children under 2 years old in our setting, Riverside Childcare, but if we ever were to, we would adhere to the following practices:

- Children under two years of age have access to a standard cot which will be located away from the main play areas. These cots meet EU safety standards. We have 0 number of standard cots in Riverside Childcare. These cots are located in a separate sleep room/brought into the room occupied by the children.
- All mattresses in Riverside Childcare 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 mattresses have a waterproof covering.
- Cot mattresses are cleaned (disinfected) after each use.
- Cots and mattresses are checked on a monthly basis to ensure they are in good condition, clean and fit for purposes. Cots and mattresses are replaced as needed.

Safe Sleep Practises for children over 2 years:

- Children over two years of age will have access to a stackable bed/a sleeping mat. These meet EU safety standards. We have 4 number of stackable beds/sleeping mats.
- Stackable beds/sleeping mats will be washed/disinfected after each use.
- Sleeping mats and beds are spaced at least 50 centimeters (half a meter) apart for children from the same play pod, otherwise they will be arranged so that there is physical distance between groups of children from different pods.
- So that staff can easily maneuver around the sleeping mat to provide for the children's care needs.
- Staff will ensure no objects of strangulation or choking are present in or near the sleeping area. For example, soother cords.



Procedures for placing under 2's to sleep in a cot:

- Infants will always be placed on their backs to sleep
- Infants feet will be placed at the foot of the cot to sleep
- Infants clothes are loose and light
- No bibs, bottles or soft toys are permitted in the cot

- No duvets, pillows or cot bumpers
- Soothers are used appropriately
- Infants are never placed to sleep with a bottle
- Bottles are never propped
- Only cellular blankets are used
- The infant's head is never covered
- No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child.
- Controls are implemented to ensure the child does not overheat during sleep.

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.

Supporting documents and links:

- Child Care Act 1991 (Early Years Services) Regulations 2016
- Tusla: Quality and Regulatory Framework
- HSE Safe Sleep for Your Baby: Reduce the Risk of Cot Death 2016
- Reduce the Risks of Cot Death: Early Years Safe Sleeping Guide for Childminders, Foster Carers or a Nursery Setting Scottish Cot Death Trust, 2017#
- Tusla Safety Alert: Cots



Person Responsible: Michael Dunster

Date implemented: 02/05/2022

Michael Dunster

Signed by:
On behalf of Management (Manager, Owner, Chairperson)

Review Date: 02/05/2023