



SAFE SLEEP AND REST POLICY

November 2022

1. Rationale and Policy Considerations

Sleep is important for young children and it impacts on their wellbeing and development. Safe sleep is important for all children. In addition, adults caring for pre-school children need to be aware of the risks of sudden unexpected death in infancy, commonly known as cot death and what they need to do to reduce the risks.

The school has a Safe Sleep and Rest policy because it:

- Helps to protect children and reduce risks.
- Helps to inform as well as reassure parents/guardians that the school will only implement procedures that are recommended in best practice guidelines.
- Gives clear guidance to all staff team members including new or trainee staff members, those who are providing emergency cover or those on work experience.
- Provides a clear plan of action in the event of a baby being found unresponsive.
- Sets out standards for the health and welfare of pre-school children.

Legislation and Regulatory Requirements

- Having a clear, written policy and procedure on Safe Sleep is a requirement under Regulation 10 of the Child Care 1991 (early Years Services) regulations 2016
- Providing for safe sleep is also included under Regulation 19 Health, Welfare and Development of the Child; Regulation 20 Facilities for Rest and Play; Regulation 23 Health, Safety and Welfare of the Child; Regulation 27 Supervision and Regulation 29 Premises.
- EYFS Guidance.

Children's Needs

Children need:

- Access to appropriate, safe and comfortable rest and/or sleep facilities.
- To be able to rest or sleep safely and comfortably whenever they need to.

Parents'/Families' Needs

Parents/guardians need to:

- Know that their child will be able to sleep and/or rest in a safe and comfortable environment according to their individual needs.
- To be assured that their child will have access, at any time, to a child sleep mat (appropriate for their age) in a clean, safe and appropriately supervised sleep area that is free of risks and hazards.
- Be assured that if any incident arises in relation to the wellbeing of their child while they are sleeping, all appropriate measures will be taken by the school to protect their child and to notify them at the earliest possible.

Staff needs

All staff need:

- To know and understand clearly their roles and responsibilities in relation to providing appropriately for children's individual needs for safe sleep and/or rest in an area that is clean and free of risks and hazards.
- Absolute clarity on their roles and responsibilities in relation to supervising and ensuring children's safety while they rest or sleep and also on what they must do should any child be found to be unresponsive or not breathing.

Managers/Governors Needs:

Managers and Governors need to:

- Ensure that the legal requirement to have an appropriate safe sleep policy is met.
- Know that all staff team members know their roles and responsibilities and have the clarity that they need to ensure that all children's needs for safe and comfortable rest and/or sleep are met according to best practice guidelines.
- Ensure that all necessary and appropriate safety measures and procedures are clearly outlined in the policy and procedures and monitor to ensure measures are being carried out.
- Carry out monitoring visits (Governors).

2. Definitions/Glossary

SIDS	Sudden Infant Death Syndrome or SUDI Sudden Unexpected Death in Infancy (commonly referred to as Cot Death) is the sudden death of an infant or young child which is unexpected by history and in which a thorough post mortem examination fails to demonstrate an adequate cause for death.
First Light	Formerly Irish Sudden Infant Death Association (ISIDA) provides support and information and promotes research into the sudden unexpected and often unexplained death of a child.

3. Policy Statement

All children are provided with clean., safe and comfortable rest and/or sleep facilities as individually needed. We work in partnership with parents/carers in relation to their child's sleep needs and patterns as much as possible particularly at the point of admission.

Children are provided with sleep mats and each child's individual need for sleep or rest will be facilitated appropriately. All mats for children will conform to appropriate recognised safety standards.

The recommended best practice guidance from First Light and Safe Sleep for your Baby- Reduce the Risk of Cot Death (HSE 2017) is followed at all times. Staff members follow first aid procedures they have been taught, in the event a child is found unresponsive and/or not breathing.

As well as safe sleep provision, all children will be provided with opportunities to have quiet or rest periods within the daily curriculum/programme that meets their individual needs throughout the session/day.

4. Procedures & Practices

Sleep environment

- Ensure that the sleep area is adequately ventilated (either naturally or mechanically) but do not position a mat below a window or adjacent to a radiator.
- Appropriate lighting in the sleep area which is conducive to sleep but there is adequate visibility for supervision.

- The sleep area must be maintained at between 16°C and 20°C. A wall-mounted thermometer is provided to monitor the temperature.
- Children in the sleep area must be within sight or hearing of at least one staff member at all times, especially when staff members are actively engaged with children who are awake.
- Parents will be asked to provide their child with a blanket.

Supervision

The person supervising must ensure:-

- That the sleep environment is appropriate and safe
- That children are checked every 10 minutes
- That the room temperature is correct
- A sleep log for each child is maintained.

A separate sleep log is maintained for each child and is retained by the school.

The sleep log must record:

- the time of the check
- the child's position
- ensuring the child's head is uncovered
- the room temperature
- the name of the person who checked the child.

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 Regulations 2016 will be adhered to.

Sleep mats

An adequate number of safe mats are provided to ensure that all children have access to a suitable mat as appropriate for their needs. All mats must be used in the intended manner.

Dealing with emergencies

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

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.

1. The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
2. Staff follow the direction of the paramedical staff.
3. The Manager or person in charge ensures that parents have been informed.
4. The scene is to be left as it is.
5. Families of the other children may need to be notified of the incident by the Manager.
6. Staff support is essential following any such incident.

Record and record keeping

All records relating to safe sleep and any incidents are stored safely.

5. Communication Plan

- All staff members will receive induction training on this Safe Sleep and Rest Sleep policy. This includes precautions to be taken to prevent Sudden Infant Death, guidelines on what to do in the event of a baby being found to be unresponsive and not breathing and a step-by-step guide to resuscitation of a child who is not breathing.
- Parents/guardians are also made aware of the Safe Rest/Sleep policy and are involved in decisions relating to meeting their child's individual needs.
- A copy of this policy will be available on the school website for parents and carers and in the staff shared drive for practitioners.
- Parents/guardians may receive a copy of the policy at any time upon request.
- Parents/guardians and all members of the staff team will receive notification of any updates to this policy.

6. Related Policies, Procedures and Forms

- **Health, Safety and Wellbeing Policy**
- Medical Care Policy
- Individual Child Sleep Monitoring Record form.

7. References/Supporting Documents/Related Legislation

- [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](#)
- [Safe Sleep for Under 2's](#) Monaghan, Cavan and Louth County Childcare Committees
- [Reduce the Risks of Cot Death: Early Years Safe Sleeping Guide For Childminders, Foster Carers or a Nursery Setting](#) Scottish Cot Death Trust, 2017
- [First Light](#) (formerly Irish Sudden Infant Death Association (ISIDA))