



Oscar Bears' Day Care

Safe Sleep Policy

At Oscar Bears' Day Care, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. The safety of babies sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

This includes:

- 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/toddlers will never be put down to sleep with a bottle to self-feed.
- Babies/toddlers will be monitored visually when sleeping, checks will take place at regular intervals whilst causing as little disruption to their naps as possible. Checks will also take place when any noises are heard either whilst in the baby room through the door or through the baby monitor.
- When monitoring, the staff member will look for the rise and fall of the chest, and the child is in a safe sleeping position.
- Babies will not be accepted asleep in car seats; they will be transferred to safe place to continue their sleep.

We provide a safe sleeping environment by:

- Monitoring the room temperatures.
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only having Safety approved Coracles (low cots) (or other suitable sleeping equipment, i.e. sleepmats) that are compliant with British Standard regulations.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. bedding bags are to be kept under coracles or in storage unit.
- Ensuring each baby/toddler is provided with clean bedding
- Transferring children who fall asleep to a coracle or sleep mat to complete their rest where possible.

We recognise parents' knowledge of their child in regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and wellbeing continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep unless specifically requested by parents, the minimum nap would be of 1 hour.

Written By: Tawny Bremner
Review Date: June 2024

