

Wildlings



Safe Sleep Policy

Policy statement

At Wildlings we understand the importance of sleep in the Early Years and how it supports growth and development. We recognise the need to provide safe sleeping for all ages in all learning environments.

We encourage our families to work in partnership with us to support individual sleep routines. This provides continuity, routine and comfort when with us at Wildlings. We strive to maintain each child's sleep routines where possible, however we do acknowledge that a different environment can sometimes affect sleep routines.

We ensure that a safe sleeping environment is provided in all our learning settings, both indoors and outside.

Procedures

- We will provide a safe area for sleeping away from any risk of falling objects or other children.
- We will provide appropriate mattresses/mats
- Clean bedding to be provided for each sleeping child
- Weather and age appropriate bedding to be used
- We will create a distance of 3 feet (1 metre) between mattresses/mats where space allows. Alternatively, as much distance as possible and positioned head to toe.
- We will check each sleeping child at 10 minute intervals. These checks include:
 - Placing a hand on the child's chest to check they are breathing or the back of their hand near to the child's mouth to feel for breath
 - Ensuring that each child is well
 - Ensuring that each child is not too hot or too cold
 - Ensuring that all sheets or blankets are not wrapped around the child or obscuring their face
 - Comfort items from home can be provided for sleep and these will remain with them after waking until they are ready to put them away
 - We will all keep a record of all sleep times and checks

Date Created: April 2021

Reviewed date: