

## **1. SAFE SLEEP POLICY**

### **Procedures:**

- Children can sleep/rest during the day if they are tired and not just at dedicated sleep times.
- All our sessional rooms include a rest area away from the main activity where children can relax.
- Sleeping facilities will be away from the main play areas.

### **Safe sleep practices:**

- Little Buds Childcare caters for children over the age of 2.5 years. Children of this age and over will have access to a stackable bed, a sleeping mat or a suitable alternative. These also meet EU safety standards.
- Children will have individual mattress, sheet, and blankets.
- All blankets, sheets and linen will be laundered at least once per week and more often if necessary and recorded on the cleaning schedule.
- The sleep area is well ventilated, and temperatures will be maintained between 16° to 20°C and recorded regularly throughout sleep times.
- Sleep logs are carried out every 10 minutes by a dedicated staff member. The staff member will check the sleeping children to ensure a safe sleeping position, they are breathing comfortably, and the facial colour is normal. This log will contain the child's name, the date and the times the children were checked.
- Staff will be in the room if the number of children warrants or if a safety risk has been identified.
- 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.
- Lighting will be adjustable to ensure a relaxed sleepy environment for the children.
- Staff will ensure no objects of strangulation or choking are present or near the sleeping area.
- All sleeping practices have been discussed with the local fire officer and comply with fire safety requirements.

### **Procedures for SLEEPING Children:**

- Children's clothes are loose and light.
- No bibs or bottles in the bed.
- No quilts, pillows or cot bumpers – use cellular blankets.
- Head is never covered.
- Staff will stay present when children are sleeping.
- A sleep log recorded every 10 minutes, noting that they are in a safe sleeping position, they
- are breathing comfortably and the facial colour is normal.
- Wall mounted thermometer to record room temperatures.
- No beds adjacent to a heater, curtains, blinds or anything which is a danger to the child.

### **Soothers:**

- Soothers must not have any string, cord or clips attached.

- They must be stored in separate clean containers labelled with each child's name when not in use.
- Soothers are always checked to ensure they are the right size for the age of the child and in good conditions.
- Soothers decorated with beads, gems or other such decorations are prohibited.

### **Emergencies:**

In the event of finding a 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.

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