**Busy Bodies Child Care Centre Ltd**

**Safe Sleep Policy**

Sudden Infant Death Syndrome  (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and child care professionals can work together to keep babies safer while they sleep. Busy Bodies Child Care Centre will practice the following sleep policy:

* All key persons will receive training on our Safe Sleep Policy and SIDS risk reduction.
* Babies will always be placed on their backs to sleep unless a doctor has recommended otherwise.
* The Lullaby trust recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they prefer.
* If a dummy forms part of your child’s sleep routine, it will always be used at sleep times. The Lullaby trust recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, taking into account children’s emotional needs.)
* Visual supervision is required at all times. At least every 10 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care.
* Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 16-20 degrees.
* All babies must sleep in a cot or an approved bed/mattress. Babies may not sleep in a nesting ring, car seat, bouncy chair etc.
* Babies heads will not be covered with blankets or bedding; babies cots will not be covered with bedding.
* Loose bedding, pillows, bumper pads etc, will not be used in cots.
* Toys and stuffed animals will not be allowed in the child’s cot, with the exception of a child’s comforter.
* A safety approved cot with a firm fitting mattress and tight fitting sheet will be used.
* No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for babies or any other children within the nursery.
* All parents of babies cared for in this nursery will be advised to read this policy carefully before they begin.

This policy and procedure will be reviewed annually.

Updated on ……………………….. By ………………………………………………

This policy has been read, understood and signed by all the staff.

Signed ………………………Signed…………………………………………

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