



Safer Sleep Policy

At Brize Norton Village Preschool, the safety, health and wellbeing of every child is our highest priority.

Young children need opportunities to sleep and rest to support their health, wellbeing, development and learning. We recognise that sleeping arrangements must be carefully planned, appropriately supervised and consistently implemented to reduce the risk of sleep-related harm.

We ensure

- Children are provided with safe and appropriate sleeping arrangements;
- meet the safer sleep requirements of the Early Years Foundation Stage (EYFS);
- reduce known risks associated with suffocation, strangulation, entrapment and overheating;
- ensure all practitioners understand their responsibilities when caring for sleeping children;
- ensure children are appropriately supervised and frequently physically checked while sleeping;
- ensure individual health and medical needs are considered;
- work effectively with parents and carers; and
- ensure leaders regularly monitor safer sleep practice.

Although some specific safer sleep requirements relate particularly to babies, safer sleep procedures will be followed for all children who sleep while attending the setting.

Every child. Every sleep. Every time.

Following safer sleep guidance cannot guarantee that SIDS will not occur; however, safer sleep practices can significantly reduce known risks.

We recognise that all children can also be at risk of sleep-related accidents, including suffocation, entanglement, overheating and becoming trapped in inappropriate sleep environments.

For this reason, safe sleeping arrangements will be maintained for every child who sleeps at the setting, regardless of age.

We will:

- place children on their backs when putting them down to sleep;
- ensure children's heads and faces remain uncovered
- monitor so children do not become too hot or too cold while sleeping.
- Children must always be within SIGHT AND HEARING of staff when sleeping.
- Children will be physically checked for:
 - the child's sleeping position;
 - Breathing; and their chest rising and falling
 - colour and general appearance;
 - that their airway appears clear;
 - that their head and face remain uncovered;
 - temperature and signs of overheating;
 - clothing;

- bedding;
- that the sleep space remains clear and safe; and
- the child's overall wellbeing.

If a practitioner has any concern about a sleeping child's:

- breathing;
- colour;
- responsiveness;
- temperature;
- position; or
- general condition,

they must act immediately.

Practitioners will:

1. Check and attempt to rouse the child.
2. Call immediately for assistance.
3. Follow their pediatric first aid training.
4. Call 999 where required.
5. Commence appropriate first aid/CPR where required.
6. Ensure parents/carers are contacted.
7. Follow the setting's accident, incident and safeguarding procedures.
8. Ensure relevant agencies are notified where required.

Practitioners must never delay emergency action in order to contact a manager or parent first.