



John Scottus Pre-School

Safe Sleep Policy

This Safety Statement will be available to view and examine by all members of the school community: Parents, Staff, Board of Management and Trustees. They will be available for inspection in the Pre-school classroom in Old Conna, Ferndale Rd, Rathmichael, Co Dublin and on our School website.

Child Care Act 1991 (Early Years Services) Regulations 2016 ([Siolta Standard 9: Health and Welfare](#)) ([National Standard 1: Information](#), [National Standard 3: Working in Partnership with parents or Guardians](#), [National Standard 4: Records](#), [National Standard 9: Nurture and Well-Being](#), [National Standard 12: Health Care](#), [National Standard 14: Sleep](#), [National Standard 18: Facilities](#), [National Standard 19: Equipment and Materials](#))

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Statement of Intent:

This service will ensure every effort is taken to ensure a safe sleep and rest environment for children. Staff should be made aware of the child's usual sleeping environment and practices. Children will never be forced to sleep and their own choices and routine will dictate their sleep times. All staff working in this service, will receive training on our Safe Sleep Practices. Our safe sleep practices will be regularly reviewed and all new staff will be made aware of this policy at their induction.

Policy and Procedure:

The following procedures will be carried out to ensure safe sleep and rest practices.

Safe Sleep Practices:

- The Safe Sleep Checklist will be displayed in the sleep room.
- We risk assess the area daily.
- A No Smoking sign will be displayed in the sleep room.
- Rest mattresses are provided.
- Steps will be taken to keep child from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing or over-wrapping the child.
- To check a child's temperature, feel the back of their neck, if these areas feel too warm remove some bedding. Do not worry if hands or feet feel cool as this does not indicate their overall body temperature is incorrect.

TUSLA Recommendation for Rest Mattresses:

The number of rest mattresses provided should ensure that each child's individual need for sleep or rest can be facilitated. Each child is asked to bring their own bed linen and manage the laundry of same.

Visually Checking Sleeping Children:

Children are supervised at all times while resting/sleeping.

Sleeping children will be checked, every 10 minutes, by assigned staff. This record is on display. The Sleep Chart will be kept on file for one year after the reporting year. We will be especially alert to monitoring a sleeping child during the first weeks the child is in our care.

We will check to see if the child's skin colour is normal, watch the rise and fall of the chest to observe breathing and look to see if the child is sleeping soundly. We will check the child for signs of overheating including flushed skin color, body temperature by touch and restlessness.

The sleep information will be recorded on a Sleep Chart including:

- The sleeping position
- Colour/pallor
- Breathing pattern

Safe Sleep Environment:

- Room temperature will be kept between 16⁰ and 20⁰ Celsius and a thermometer kept in the sleep room.
- Keep the room well ventilated but do not position a bed below a window or in front of a working radiator.
- Rest mats should be completely covered in a waterproof fabric such as PVC. All mattresses should be regularly inspected for signs of damage to the waterproof fabric and if punctured, cracked, or torn, should be replaced immediately.
- Child's heads will not be covered with blankets or bedding.
- Parents are advised to have a new mattress for each child within their own home; however, this is not practical within the early years setting. Therefore, each child will have their own bedding and the mattress should be checked, inspected, and disinfected between each sleep.
- Bedding is laundered by the parent at least weekly or more often if required
- Smoking is not permitted on the premises or campus
- Children are always supervised when sleeping/resting.
- Staff will help children to relax by creating a calm atmosphere.

Soothers:

- Parents decide if their child is to use a soother. If used, we will offer it at rest/sleep time
- If the soother falls out during the sleep do not waken the child up to put it back in. However, if the child awakens then offer the soother once again.
- We never force a child to take a soother or put it back in if the child spits it out.
- We don't use a neck cord, and never coat a soother in anything sweet.
- It is recommended that soother use is stopped between 6 and 12 months.
- Parents should provide 2 soothers in a sterilized container.

Toileting:

- Children should be encouraged to go to the toilet prior to sleeping and again upon waking.

Appendix A: Safe Sleep Checklist

- Sleeping children continuously supervised by staff.
- The sleep information will be recorded on a Sleep Chart including the sleeping position, colour/pallor, and breathing pattern.
- Check to see if the child's skin color is normal, watch the rise and fall of the chest to observe breathing and look to see if the child is sleeping soundly.
- Check the child for signs of overheating including flushed skin color, body temperature by touch and restlessness.
- Room temperature will be kept between 16⁰ and 20⁰ Celsius and a thermometer kept in the sleep room.
- Child's heads will not be covered with blankets or bedding.
- Soothers will be given if necessary, during sleep/rest times
- No smoking is permitted on the premises or campus