



Sleep Policy

It is our policy to facilitate each child's individual need for sleep/rest. It is important to liaise with parents in relation to their child's sleep pattern / needs. Where a parent requests a sleep routine for their child that does not meet with good practice guidelines (e.g. requesting that their child be denied sleep for the day; be put to sleep with a feeding bottle; requesting child only be put to sleep in buggy or travel seat); we have to answer two questions satisfactorily – is this safe? – does this cause distress to the child? If you are unable to answer these questions satisfactorily, then your duty is to inform parent that you cannot comply with their request; ultimately we are responsible for our own practice.

Safe Place

A separate sleep room of adequate size is provided for all babies. This room is adjacent to the babies' playroom; with a viewing panel that permits staff to monitor the children while they sleep / rest. The following has been given consideration:

- ❖ Ventilation – natural ventilation is recommended to achieve 3 air changes per hour.
- ❖ Temperature – the sleep area should be maintained at 16°C - 20°C. A wall mounted thermometer should be provided to monitor the temperature.
- ❖ Lighting – blinds or curtains should be used to control incoming light through windows. Lampshades should be inverted or lights should be fitted with shatterproof diffusers.
- ❖ Safety – care should be taken when positioning the cots, so that no cot is directly adjacent to a heater, curtains or anything that might help the baby to climb out, or near blinds whose cords could cause strangulation.
- ❖ Space – it is recommended that 1.4m be allowed per cot. This is to allow adults to have unhindered access to each sleeping child.

Safe Bed

Babies attending our service only sleep in a standard cot. Each baby has its own cot. Each cot is:

- ❖ In good condition
- ❖ Of good design
- ❖ Solid and stable
- ❖ Has a recognised safety standard

The bars are less than 6cm apart (round) or less than 7.5cm apart (flat). Otherwise the baby may trap his head, arms or legs. There is at least 50cm between the top of the mattress and the top of the cot with no footholds in the sides, or cut outs in the ends, which could help the baby climb out.

All mattresses are:

- ❖ Well fitting
- ❖ Firm
- ❖ Covered with waterproof material
- ❖ Easy to clean & disinfect
- ❖ Well aired & dry
- ❖ Gap between the mattress & the sides of the cot should be less than 2.5cm

Safe Practice

Yes:

- ❖ Baby on back
- ❖ Feet at foot of cot
- ❖ Tuck bedclothes in securely (below shoulders)
- ❖ Babies clothes should be loose and light
- ❖ 1 child per cot

No:

- ❖ Bibs, bottles, toys
- ❖ Quilts, pillows, cot bumpers
- ❖ Covering of babies heads

Procedures:

- ❖ Linen is available for each child – it is hygienic, easily accessed and labelled for each child. Each child's bed linen is laundered weekly or when soiled.
- ❖ Babies sleep in a room within sight or hearing of staff at all times.
- ❖ A sleep log is maintained and stored in the baby room

Adopted at a meeting of Corrandulla Community Resource Centre Ltd. / Board of Directors

Date _____

Date _____

By _____
Manager

By _____
Chairperson