



Clann Aíre

Clondrohid Community Crèche & Playgroup,

Sleep Safe Policy

Clondrohid Community Crèche, Pre-School & after School knows the importance of sleep and rest for all children in the service. We will ensure children get either sleep or rest when they may need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the children.

This policy is underpinned by the Preschool Regulations 2006

Childcare practitioners have been given clear guidance on the safe sleep practices.

Children are allowed sleep/ rest when they are tired and not just at dedicated times of day.

Children will always be provided with suitable sleeping facilities away from the main play areas. Sofas, beanbags and buggies are not suitable sleep areas.

Children are welcome to bring items from home and to help comfort them to sleep e.g. teddy, blanket, and soother that will be kept in the crèche until the end of the week. Comforters will be kept in the crèche and sent home at the end of the week to be washed. We do not allow drinking bottles in cots/ beds during sleep time.

Safe Sleep Practices

Children less than two years of age have access to a standard cot which will be located away from the main play areas.

Children from 2 years will have access to stackable beds.

Children will have individual beds/ cot with their own mattress, sheet and blankets.

All sheets and linen will be laundered weekly and more regular if necessary and recorded on the cleaning schedule.

Children will social distance of 2 metres if they are sharing the same sleep room but are from different play pods.

The Caterpillar (Baby Room) sleep room is adjacent to the main room and they are monitored with a baby monitor. Practitioners will be in the room if the number of children warrants or if a safety risk has been identified. If not a designated Practitioner is responsible at all times for the children while sleeping.

The Ladybird sleep room is next to their main room and they it is monitored with a baby monitor. A designated Practitioner is responsible at all times for the children while sleeping.

The Butterfly sleep Room: This room is located in the new after school building at the back right hand corner; a designated Practitioner is responsible at all times for the children while sleeping. This room facilitates children over 2 years from the butterfly room and for pre-school children that need a sleep or rest.

For all children sleeping, sleep logs are carried out every 10 minutes by the dedicated staff member. The logs are made on Child Paths. The staff member will check the sleeping children to ensure a safe sleeping position, they are breathing comfortably and the facial colour is normal. Also the log will record who checked the children and the time of the check

Beds and cots will be spaced at least 0.5 meters apart.

Beds and cots from different play pods will social distance of 2 metres.

Children are placed on their back, their feet are at the end of the cot/bed and their head is uncovered.

Lighting will be adjustable to ensure a relaxed sleepy environment for the children.

Temperatures will be maintained between 16 degree Celsius to 20 degrees

Staff will ensure no objects of strangulation or choking are present or near the sleeping area.

Procedures for children sleeping:

- The child will always be put on their backs
- Feet will be placed at the foot of the cot
- Clothes are loose and light
- No bibs or bottles in the cot
- No quilts, pillows or cot bumpers

Use cellular blankets for children under 1 year

- Head never covered
- Monitor used
- A physical check looking for the colour, position & breathing of each sleeping child
Is logged & recorded every 10 minutes on Child Paths.
- Ventilation achieves three air changes per hour
- Wall mounted thermometer to record room temperatures checked every two hours.
- No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child.

Addendum to our Sleep Safe Policy:

In the unusual event of a toddler/ older child falls asleep during their time in any of our services:

If a child attending our services that usually does not go to sleep while they are with us falls asleep or is feeling very tired and looks to go to sleep this is the following is the procedure we follow:

- First of all before the child goes to sleep we take their temperature or even if they fall asleep suddenly we would still take their temperature, record it and take the time.
- Ring the child's parent and let them know their child has fallen asleep if they have a temperature let them know also. If they have a temperature refer to our Medication policy and we follow the procedure outlined there. Sometimes the child might have just had a bad night or was late going to bed there could be lots of reasons.
- We would make them as comfortable as possible we would put them onto a bed if possible, if not we would put them in a safe place away from noise and draughts.
- We would assign a person to take responsibility to ensure that our sleep safe policy is followed for this child until he wakes up or until the parent collects the child.

Procedure if a sleeping child is found to be unresponsive

- First aid is administered by the person who found the child
- The emergency services are contacted by a second member of staff.
- 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.
- The Manager or the person who is in charge will watch out for the emergency services team
- The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
- Practitioners follow the direction of the paramedical staff.
- The scene is to be left as it is. An Garda Síochána may need to investigate.
- Families of the other children attending the childcare service may need to be notified of the incident by the Manager.
- Staff support is essential following any such incident.

This policy was adopted by:

Date: _____

Signed by: _____

On behalf of Management this policy was reviewed on **May 2020**

In collaboration with management staff & parents