



Dovecotes Safe Sleeping Procedures

At Dovecotes Primary School, we recognise the importance of children getting the sleep they need to function and grow. It is crucial for a child's health and wellbeing to get enough sleep in order to support their cognitive, physical, and emotional development and we encourage restful and quiet times in our nursery.

Attendance in the Early Years

- Little Doves children (2-3 year olds) access 15 hours a week and attend a daily 3 hour session.
- Most of the Nursery children (3-4 year olds) only access 15 hours across the week and attend 3 hours daily, with a small group accessing the 30 hour entitlement and attend 6 hours each day.
- Reception children (4-5 year olds) attend full days.

Most of the children will not be sleeping during their time at Little Doves or Nursery since they only attend 15 hours. We will encourage children to stay awake by distracting and discouraging sleep by offering a wide range of stimulating activities; however, there are times when children may need to sleep due to lack of sleep at home, additional needs or because they are developing an illness.

Little Doves, Nursery and Reception Procedures

- The room will be properly ventilated and room temperature will be monitored.
- If a child does fall asleep, they will be placed on a sleep mat.
- In the event of a child falling asleep they will NOT be left unsupervised and 10-minute checks will be carried out, documented and initialled.

10 MINUTE CHECKS ARE TO ENSURE CHILDREN ARE STILL BREATHING NOT TO CHECK THAT THEY ARE STILL ASLEEP

- Any clothing will be removed if necessary, to ensure comfort and safety and prevent overheating in young children who are unable to regulate their temperature.
- Staff will ensure any blankets are not covering faces.
- Unless normal, or parents/carers have alerted staff to the fact that their child is tired and may fall asleep, parents/ carers will be phoned and asked how they would like school to proceed. If we suspect that a child has fallen asleep due to illness, parents/carers will be asked to collect their child.
- After a sleep mat has been used, it will be wiped with disinfectant and any blankets, sheets etc will be placed in the washing machine before they are used again.

Sudden Infant Death Syndrome SIDS

The following guidance is from <https://www.lullabytrust.org.uk/wp-content/uploads/sids-guide-professionals.pdf> and the staff at Dovecotes Primary School follow this.

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby where no cause is found after a detailed post-mortem.

Unsafe sleeping positions and environments are increased factors in possible SIDS, so to prevent this we follow the subsequent guidance.

Research has shown that overheating arising from high room temperature, excessive insulation (overwrapping) or both, is associated with an increased risk of SIDS.

A high proportion of infants who die as a result of SIDS are found with their head covered with bedding. Loose bedding which can cover a baby's face or head can be dangerous and has been shown to increase the chance of **SIDS**. Soft or bulky bedding, such as quilts, pillows and duvets is also associated with an increased risk of SIDS in the UK.

There is substantial evidence from all round the world to show that sleeping a baby on their back (known as the supine position) at the beginning of every sleep period significantly reduces the risk of SIDS. However, sleeping an infant prone (on its front) or side is associated with a significantly increased risk of SIDS.

Studies have also shown that infants who usually sleep on their back but are then placed on the front or side to sleep are at a particularly high risk. It is therefore important that babies are put on their backs consistently as part of their regular sleep routine.