

Butterflies Sleep policy

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This policy supports planned updates to the Early Years Foundation Stage (EYFS) statutory framework and recent updates from The Lullaby Trust.

Why safer sleep is important

It is important to provide babies and children with a safer sleep environment to reduce the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and sudden unexpected death in childhood (SUDC) in children aged over 12 months.

SIDS is the sudden unexpected death of a baby where no cause is found. Whilst it is uncommon, there are some factors that can increase a baby's risk of SIDS. These include:

- being born prematurely (before 37 weeks)
- low birthweight (less than 2.5kg or 5.5lb)
- exposure to smoking in pregnancy
- sleeping with babies and children on sofas or chairs

SUDC is the sudden unexpected death of a child where no cause is found. Creating a safer sleep space can help avoid accidents, such as the risk of suffocating when sleeping from becoming entangled in soft bedding and/or getting trapped in soft furniture.

Evidence suggests that babies (those aged 12 months and under) are at a higher risk of SIDS if they have their heads covered. Some items added to their sleep space may increase the risk of SIDS and unnecessary items, such as cot bumpers and toys, can also increase the risk of accidents. Sleep comforters may be used for babies and children aged over 12 months only.

To check if a baby or child is too hot or cold, feel their chest or the back of their neck (hands and feet will usually be cooler, which is normal). If their skin feels clammy or sweaty, remove one or more layers of clothing or bedding. You should use your professional judgement during extreme temperatures.

Once babies can move from their back to their front and back again by themselves, they can find their own sleeping position. However, continue to place them on their back to sleep.

Providing a safer sleep space for babies and children under two years of age

At Butterflies Childcare we ensure that:

- babies aged 12 months and under must only be placed to sleep in a cot - this includes carrycots, moses baskets and travel cots
- children are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor.
- sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering - alternatively, a well fitted baby sleep bag may be used (check the manufacturer recommendations before using a baby sleep bag)
- Cellular breathable blankets are used
- where blankets are used, the baby should be placed feet-to-foot at the bottom of the cot, with blankets tucked in
- cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps
- children should not get too hot or cold - the recommended room temperature for babies (those aged 12 months and under) is 16 – 20°C.
- children's heads are not covered
- babies under 1 year old always have an adult with them in the same room for every sleep - all children must be frequently checked when they are sleeping
- children over 1 years old are always within sight and hearing of staff when sleeping.
- Products meet the relevant British Safety standards.
- When out and about sleeping children are in the lay flat position in a pushchair, Babies aged 12 months and under that fall asleep whilst travelling must be transferred to their cot once they return to the setting.
- Children under 1 year do not have comforters in the cot.