

## Auchinairn Early Years Centre



### Sleep Safe Policy

**All** children at Auchinairn Early Years Centre have the right to be safe and rest/sleep when needed. This policy sets out **clear principles and guidelines on supporting resting/sleeping children.**

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep children safer while they sleep. Auchinairn EYC will practice the following sleep policy.

This policy supports Safe Sleep Scotland.

At Auchinairn EYC we value, celebrate and fully embrace to the principles of equality, diversity and inclusion. This requires us all to recognise and respect each other's differences. Creating an inclusive work environment where we all feel a sense of belonging helps us to do our best work, which results in the best possible outcomes for children in our care.

Auchinairn EYC will ensure that:

- All Key persons will take part in watching Safe Sleep Policy online training.
- Parents/Carers will be asked at the time of settling period if said child will require a sleep when at nursery.
- An area of the room will be a designated sleep area and all resources will be moved out of reach of children.
- All children must sleep on a rest mat
- Each child will have their own individual bedding and blanket. This will be stored in a drawstring bag with a picture of the child.
- This will be washed in a 60 degrees wash weekly.
- Children will be placed on their backs to sleep. They can be allowed to adopt whatever position they preference when the child turns onto his/her side or stomach.
- Children can have a dummy/comfort teddy if provided by the parent/carer
- Children's dummies are kept in Individual boxes labelled by their names
- Temperature of the room should be between 16°C and 20°C
- Visual supervision is required at all times. At least every 15 minutes the key person will visually check on the child; looking for the rise and fall of the chest and record this on a sleep chart.

- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for children within the nursery.
- When children are finished sleeping mats will be disinfected

Health and Social Care Standards 1.9 1.12 3.9

HGIOELC 2.1 2.4 2.7

Realising the Ambition 3.2

Children's Rights Article 31

Quality Framework 1.1 1.2 1.4

<https://www.gov.scot/publications/safer-sleep-babies-guide-professionals/>

<https://safesleepscotland.org/resources/>

<https://www.lullabytrust.org.uk/>

<https://scottishcotdeathtrust.org/wp-content/uploads/2019/02/early-years-safe-sleep-guide.pdf>

Signed: .....

July 2025