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Sacred Heart Pre-school

Heys Street  
Thornton-Cleveleys  
FY54HL

Tel: 07835711921  
EY 318019

**(7) Safer Sleep**

**Policy Statement**

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby’s medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep, Pre-school will practice the following Safe Sleep Policy.

**Procedures**

* + FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your key person your preference when your child turns onto his\her side or stomach.
  + FSID recommends that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms part of your child’s sleep routine, it will always be used at sleep times. FSID recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, taking into account children’s emotional needs.)
  + Visual supervision is required at all times. At least every 10 minutes the key person or any member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping child during the first few weeks the child is in our care.
  + Childrens heads will not be covered with blankets or bedding.
  + Sleeping children to be awoken at a time requested by parents.
  + Toys and stuffed animals will not be allowed in the sleeping area.
  + 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.

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**Policy adopted/implemented by SACRED HEART PRE-SCHOOL in:**

August 2023

**Date to be reviewed:**

Yearly.

**Signed on behalf of management team:**

Chelsea Porter (Deputy) – 24/8/23

**Reviewed by:**

Chelsea Porter (Manager) – September 2024