

Safe Sleeping Procedure



UNCRC states:

Article 27: Children and young people should be able to live in a way that helps them reach their full physical, mental, spiritual, moral and social potential.

Article 31: Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Staff aim to ensure that all children have enough sleep to support their development and natural sleeping rhythm within a safe environment. Every child's needs are different, and we provide flexible opportunities for sleep and rest in the nursery environment. This procedure improves outcomes for children and families by ensuring that their individual needs are met and their rights adhered to and promoted at all times. Staff are aware of the importance of sleep and restful periods in a day care environment and understand the impact that this has on children's wellbeing, learning and development.

The following procedure has been written based on, *Health Protection Scotland, Infection Prevention and Control in Childcare Settings (Day Care and Childminding Settings)*, Health Protection Scotland, May 2018; *Early Years Safe Sleep Guide*, Scottish Cot Death Trust, *Health and Social Care Standards My support, my life* (regarding descriptive statements 1.19, 4.11); Care Inspectorate, 2017.

Procedure:

The Safe Sleeping guidance is to ensure a calm and quiet space for children to access as and when they require it, there will be sleeping mats and blankets available to be used in alignment with guidance relating to room temperature and safe sleeping.

The environment we have created provides areas in which children who need to rest, or sleep can access when they need to without being disturbed through the introduction of a cosy areas, dens, wicker pods, under treehouse, sensory room, soft furnishings and cushions. This space enables rest and relaxation for those who wish to, particularly for those who attend full days.

Staff are fully aware of the benefits of children sleeping and resting. Appreciating individual needs and routines which will vary as they grow and develop. Staff will never

Laurencekirk Nursery

force a child to do anything, sleep in this case nor keep them awake against their will, staff will discuss any changes in sleep routine and share observations with the parents/carers. Staff will routinely check on the children asleep and record this on the sleep record sheet.

Through regular updates of the individual children's personal plans, staff are able to support children's individual needs and preferences in line with parent/carers support. This includes the use of their comforters from home if required, a preferred adult and a nurturing environment enabling them to feel safe and secure.

Staff are mindful of providing suitable sleeping environments and restful space when resourcing the environment. Therefore, the area is clear of objects and soft toys that may be of risk, soft lighting is used, books are readily available and calming music can be played in order to create a relaxed atmosphere. The temperature should be around 16-20 degrees Celsius for a sleep area. Jumpers, hoodies etc with cords are removed prior to sleeping to prevent strangulation and overheating. Best practice guidance being adhered to at all times.

In order to ensure a safe and hygienic environment we have the following practices in place;

- Appropriate bedding is readily available (Approved mats, fitted sheets and designated blankets)
- Bedding is laundered after each individual use. Sheets and blankets washed at a 60degree wash minimum. Mats wiped with all purpose cleaner and disposable cloth.
- Spillages of bodily fluids are cleaned up promptly and discretely to avoid risk of further spread of infection and respect the privacy of the child.

Dealing with spillages of blood and body fluids:

Staff have completed the Spill kit & Bodily Fluids training. Staff apply this training in the event of a spillage and adhere to our Infection Prevention & Control procedure. Staff will:

- Keep the children away from the spill
- Put on PPE (i.e. disposable gloves and disposable apron)
- Gather the general detergent.
- Place paper towels (or kitchen roll) over the spill, to soak up the spillage. Then carefully place these into a disposable, leak proof plastic bag, disposing of in the yellow bagged waste bin.
- Use the disinfectant solution to clean the remainder of the spillage

Laurencekirk Nursery

- Then wipe down the area with paper towels soaked in detergent solution.
- Wipe area dry with paper towels or disposable cloth
- Remove PPE and put into the plastic bag, secure and seal the bag then place it in the yellow bagged waste bin
- Wash hands with liquid soap and running water
- Any spillages on bedding or soft materials follow all the steps above, however double bag the soiled bedding or materials and promptly take to the laundry room for immediate washing.
- **No products containing harmful chemicals will be used** such as chlorine-based disinfectants e.g. household bleach
- Carefully dispose of any soiling (faeces) found on clothing/linen into the toilet if possible
- Fresh linen is kept in a clean, dry area in a closed cupboard. This is kept separate from used linen which is stored in a laundry basket until washed.
- Soiled clothing/linen must not be cleaned by hand. Clothing is put directly into a named, double bagged plastic bag then identified container to prevent further handling, prior to the child's parent/carer collecting. Tell the parent/carer that the clothing is dirty and should be washed at the highest possible temperature for the fabric. Bagged clothing is then taken from the designated container and placed in the child's bag. Parent/carer informed.

Updated April 2024

Review April 2025