



Guidelines for Sleepers

Aim of the guidelines

Our procedures for sleep arrangements will follow advice from SUDC Foundation UK to ensure we comply with current guidance.

- We will meet the individual sleep patterns of the children in our care.
- There will be no set sleep times for any child/children. We will always act in the best interests of the child.
- Lay children on their back to sleep.
- Do not let children get too hot.
- Do not cover children's heads.
- About 18°C (65°F) is comfortable. Thermometers are available in all rooms where children sleep.
- We will record sleeps using the Tapestry app. Sleep checks will be completed every 10 minutes, which will also be logged on the app; these checks are important and need to be adhered to.
- Parents will be notified of any sleeps during collection.
- At no time are records to be completed retrospectively.
- We will not use lie back prams/buggies. We will share with parents /carers the detrimental effect of sleeping in a lie back pram/buggy.
- The Leadership Team will be immediately informed if signs of SUDC takes place. Leadership Team will call for an ambulance.

- All staff have received Pediatric First Aid training, which covers resuscitation.

URGENT MEDICAL ATTENTION is needed if a child:

- stops breathing or goes blue;
- is unresponsive and shows no awareness of what is going on;
- has glazed eyes and does not focus on anything;
- cannot be woken;
- has a fit.

Even if the child recovers without medical attention, still gain medical advice.