Safe Sleep

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| **Safe sleep** | JLB ELCC  January 2024 |
| Our aim is that the sleep experience will provide: | * The opportunity to relax in a safe environment in accordance with good practice guidance. * **Article 31** - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities. |
| What you need: | * PVC mattress * Clean sheet and blanket * Anti-bacterial spray * Blue roll * PPE if needed due to soiling etc. * Sleep chart |
| If a child falls asleep: | * Allocate a safe appropriate space within the room * Ensure that sleep mat is not positioned under an open window or in front of a radiator. * Place the clean mattress that’s been inspected for rips and tears in the allocated place. (if damaged mattress should be binned) * Child will have a clean sheet and blanket that will be laundered after use. * If a child requires their own dummy the staff member will ensure it’s clean and intact with no cords attached. * While a child is sleeping the room temperature will be checked regularly ensuring it is between 16o-20o * The child will not be left in a room on their own at any time. * Sleeping child will be closely supervised and checked every 10 to 15 minutes and temperature monitored regularly by touching the back of the child’s neck. * Complete sleep record sheet. * When the child awakes they will have the opportunity to have some time with an adult (adult may wish to encourage child to go to the toilet at this point) until they feel ready to play. Child may need nappy changed. * The sleep mat will be cleaned with anti-bac and blue roll, dried off and put away. * Adult will wash their hand afterwards. * Child’s bedding will be laundered. |

Daily Sleep Record

Child checked according to procedures – staff member’s initials. Every 10-15 minutes. Please tick that room temperature was within 16-20o

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| Name of Child | Info/comments |  |  |  |  |  |  |  |  |  |  |  |  |
| Date: ……………………………… |  | 8.00 | 8.10 | 8.20 | 8.30 | 8.40 | 8.50 | 9.00 | 9.10 | 9.20 | 9.30 | 9.40 | 9.50 |
| 10.00 | 10.10 | 10.20 | 10.30 | 10.40 | 10.50 | 11.00 | 11.10 | 11.20 | 11.30 | 11.40 | 11.­­50 |
| 12.00 | 12.10 | 12.20 | 12.30 | 12.40 | 12.50 | 13.00 | 13.10 | 13.20 | 13.30 | 13.40 | 13.50 |
| 14.00 | 14.10 | 14.20 | 14.30 | 14.40 | 14.50 | 15.00 | 15.10 | 15.20 | 15.30 | 15.40 | 15.50 |

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| Date: ……………………………… |  | 8.00 | 8.10 | 8.20 | 8.30 | 8.40 | 8.50 | 9.00 | 9.10 | 9.20 | 9.30 | 9.40 | 9.50 |
| 10.00 | 10.10 | 10.20 | 10.30 | 10.40 | 10.50 | 11.00 | 11.10 | 11.20 | 11.30 | 11.40 | 11.­­50 |
| 12.00 | 12.10 | 12.20 | 12.30 | 12.40 | 12.50 | 13.00 | 13.10 | 13.20 | 13.30 | 13.40 | 13.50 |
| 14.00 | 14.10 | 14.20 | 14.30 | 14.40 | 14.50 | 15.00 | 15.10 | 15.20 | 15.30 | 15.40 | 15.50 |

Review: January 2025