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| **Sleep Record for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | |  | | |
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**Cart Mill Family Centre**

**Safe Sleeping Policy**

**Rationale**

We want to keep our children safe during sleep times. We follow the Scottish Cot Death Trust Guidance and this is the practice we will demonstrate within the centre:

Safe Sleeping Environment

* Keep the room well ventilated. Position the sleeping space away from a window and at a distance from a working radiator
* All mattresses should be regularly inspected for signs of damage to the waterproof fabric and if punctured, cracked or torn, should be replaced immediately
* Remember that one blanket doubled over counts as two blankets
* Each child should have clean bedding from their box and a clean mattress. The mattress should be wiped with an antibacterial spray between each infant sleep.
* Launder blanket and mattress cover after each use.

**Practice**

Staff should use Appendix 1: Sleep Record to record sleeping time, and position as well as the temperature of the sleep room.

Staff should fit a mattress with a sheet from the laundry room and cover the child with a blanket from this box. When the child has wakened and left the sleep room then the sheet and blanket should be laundered and the mattress wiped with an antibacterial spray.

Children’s bedding boxes should be restocked daily with fresh bedding.

***Scottish Cot Death Trust Guide***

***www.scottishcotdeathtrust.org (last accessed online 22.07.22)***