

# Safeguarding

## Under 2's – Safer Sleep



It is crucial for all early years practitioners to have comprehensive knowledge and awareness of safer sleep practices and the equipment they use for children to sleep in. This knowledge plays a direct role in safeguarding the well-being and health of our 0–2-year-olds.

“3.69 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS ([www.nhs.uk](http://www.nhs.uk)). Practitioners may also find it helpful to read NHS advice on safety of sleeping children: Reduce the risk of sudden infant death syndrome (SIDS) - NHS ([www.nhs.uk](http://www.nhs.uk))”.

(EYFS Statutory Framework)

### TASK 1

It is important that we consider the use of some equipment such as baby bouncers and pushchairs and the impact they have on safety and quality of sleep for under 2's. In addition to this, appropriate sleeping positions should always be considered. Let's take a look at some of the equipment and resources we might use for infants:

## **Baby Bouncers**

Baby bouncers have been used historically to soothe and calm babies; the bouncing motion can help calm and settle a baby to sleep. However, there are potential risks in using this type of equipment for babies to sleep in. Reflect on the questions below and seek guidance if needed:

- What impact does prolonged sleep in the inclined position of a bouncer have on a baby's physical development?
- What potential risks can prolonged sleep in a bouncer have on a baby's breathing?

## **Pushchairs**

Pushchairs offer a convenient way to move babies and toddlers around during outdoor walks and transitioning from different rooms in a childcare setting. The gentle rocking motion is a well-used method in helping babies fall asleep. However, there are potential risks in using pushchairs regularly for prolonged sleep. Reflect on the questions below and seek guidance if needed:

- What impact would the positioning of a pushchair have on a baby's development if used regularly for extended periods of sleep? Consider how a pushchair restricts movement.
- Why has long and extended periods of sleep in a pushchair been associated with an increased risk of Sudden Death Syndrome (SIDS)?

Pushchairs and bouncers do serve a purpose, but they should not replace a safe, flat sleeping environment.

## TASK 2

Next, click on the Lullaby Trust Safer Sleep link: [The best sleeping position for a baby - The Lullaby Trust](#) As a team reflect on the questions below:

- How well do you follow the advice and guidance provided in this link to ensure safer sleeping positions for under 2's in your care?
- Are there any improvements you can make?

## TASK 3

- Do you have a policy around sleeping babies and children?
- How do you ensure parents are involved and have access to your sleeping policy?
- How do you manage expectations of parent's requests whilst adhering to your own policy and procedures.
- Explore the NHS safer sleeping policy and procedure and consider any improvements in developing your own sleeping policy that is unique to your provision: [Policy and Procedure Template - with Instructions \(uhsussex.nhs.uk\)](#)

## Useful links and resources:

- See also Q card on SUDI:
- [Policy and Procedure Template - with Instructions \(uhsussex.nhs.uk\)](https://www.uhsussex.nhs.uk)
- [The-Lullaby-Trust-Product-Guide-Web.pdf \(lullabytrust.org.uk\)](https://www.lullabytrust.org.uk)
- [The safest room temperature for babies - The Lullaby Trust](https://www.lullabytrust.org.uk)
- [Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf \(lullabytrust.org.uk\)](https://www.lullabytrust.org.uk)