Updates on the Early Years Inspectorate position on sleep provision for infants and children under 2 years

Part 2

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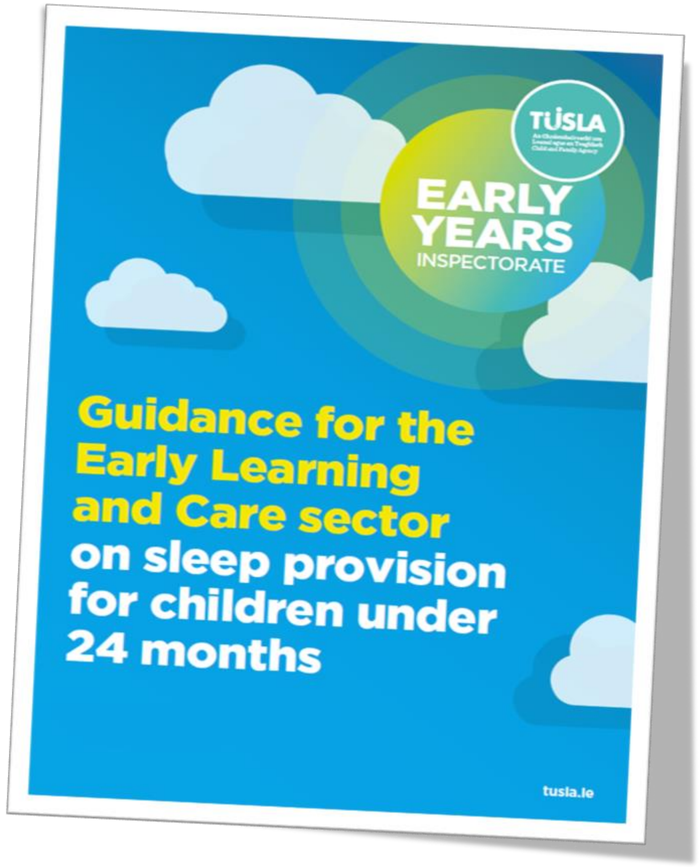
Session 1.

- Background to the new position on sleep
- The Guidance Document
- Principle 1: Ensuring that individual children's sleep needs are met
- Principle 2. Holistic and developmentally appropriate sleep practices

Session 2.

- Principle 3. Suitable areas for sleeping children provided
- Principle 4. Consultation with parents/guardians
- Principle 5. Appropriate supervision requirements in place
- Principle 6. Appropriate sleep equipment in place
- Where to get additional information/supports



Principle 4: Considerations for practice

1. Sleep plan confirms parental engagement and agreements.
2. Parental consents are documented, signed and dated.
3. Staff sign and date to confirm. Review/ update details are indicated.
4. Parental input is recorded regarding sleep routines at home, any specific requests, preferences, additional comments.
5. Parental preferences and wishes are implemented in the service, once they are in line with best practice guidance and do not conflict with the other principles.

Principle 5. Appropriate supervision requirements

- *'Where sleeping children are accommodated on floor beds, the sleep environment must be supervised with in-room supervision in place. This means a staff member is required to be present in the room to supervise children when they are sleeping on floor beds.*
- *Physical sleep observations must be carried out and recorded at least every ten minutes and in line with the services' sleep policy'.*

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Principle 5: Considerations for practice

1. When children are sleeping on floor beds, a staff member must remain in the room.
2. Staff rosters should demonstrate adequate staffing is available for supervision purposes.
3. Ensure staff are aware of their responsibilities and that arrangements are in place for a replacement should they need to leave the sleep room for any reason.
4. Adult: child ratios are in place. In a shared room, children can be asleep or awake for compliance with the adult: child ratio, but the staff member responsible for supervising the sleeping child/children must be identifiable to the EYI
5. 10-minute checks (at a minimum) are conducted and recorded as per best practice.

Principle 6. Appropriate sleep equipment

1. *Manufacturer's guidance for sleep equipment should be followed and available for inspection. All sleep equipment must have a CE mark.*
2. *All cots/ floor beds and mattresses should be used in line with best practice guidance and with the QRF where relevant.*
3. *Mattresses for cots and floor beds: vary in thickness between 6 and 15 cm. Mattresses must be firm and should not have any raised or cushioned areas.*
4. *There should be no more than a 2.5 cm gap between the mattress and the sides of the cot/floor bed.*
5. *Cellular blankets must be used with infants up 12 months. Lightweight blankets are recommended for children over 12 months. All in one sleeping bags… are not recommended for use on floor beds.*
6. *Children aged 24 months and over can be offered a pillow at rest or sleep time.*
7. *Children over the age of 24 months should have access to a low-level bed or mat, positioned in a way that allows easy access around each mat or bed. Beds and mats must meet EU safety standards. Sleep mats and beds must be cleaned between uses.*

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Principle 6: Considerations for practice

1. Cots, mattresses. floor beds and bedding are CE marked and meet the requirements in the guidance document and where applicable as detailed in the QRF.
2. The mattresses for cots/ floor beds should be a minimum of 6cm in depth to ensure children have a comfortable sleep surface.
3. Always used in line with manufacturer's guidance, which should be available on request for inspection.
4. Floor beds may be fitted into a frame that has no sides or has rigid or semi rigid sides. Soft, cushioned sides that do not hold their shape are not permitted (example nests)
5. Mattresses should fit the cot or floor bed perfectly with a maximum gap of 2.5 cm between the mattress and the edge of the cot/floor bed.

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Implementation of revised EYI position on sleep provision for children under 24 months

- No changes to EYI regulatory or inspection processes until implementation 1st September 2023

- Guidance document for sector is available on the EYI website: https://www.tusla.ie/services/preschool-services/elearning-webinars-and-resources/resources/
- Any questions/ comments/queries: email rpdt@tusla.ie

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Thank you

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