

Safe Sleep Check

An active sleeping check on a child involves:

- Placing a hand on the child's chest or near their mouth to check they are breathing.
- Checking the colour of the child's skin around lips, fingers, palms of hands or soles of feet. The skin may look grey or blue.
- Position: are they sleeping on their back?
- Ensuring the child is not too hot or too cold.
- Check that sheets or blankets are not wrapped around the child or covering their face.

If you are concerned about a child:

- **Alert a colleague to help you**
- **Monitor child continually**
- **Inform parents of concerns**
- **Provide first aid if necessary and seek emergency medical help**

