



Safe Sleep

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies and children sleeping is paramount. Our policy follows the advice provided by the DfE, the Lullaby Trust and NHS to minimise the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and sudden unexpected death in childhood (SUDC) in children over 12 months of age.

Babies/toddlers under two years old

Practitioners ensure that children, particularly babies and those under two years old, are placed down to sleep safely. For babies/toddlers under two years old, we consistently put into practice safe sleeping arrangements, including ensuring that:

-  Babies aged 12 months and under must only be placed to sleep on their back in a cot
-  Babies aged over 12 months are placed down on their back in their own separate sleep space on sleep mat.
-  If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again on their own, in which case we enable them to find their own position
-  Children are never put down to sleep with a bottle to self-feed
-  When children are sleeping an adult will always be present in the same room and the children are always within sight and hearing.
-  Children are monitored visually when sleeping by looking for the rise and fall of their chest and if their sleep position has changed.
-  As good practice we monitor babies under 6 months or new children to the nursery every five minutes
-  Sleep checks are recorded on Connect every 5 or 10 minutes, as applicable

Sleeping environment

We provide a safe sleeping environment for all babies and children by ensuring:

-  Every child has their own separate safe sleep space
-  We only use safety-approved cots or sleep mats that are compliant with British Standard regulations
-  Mattresses and sleep mats are firm, flat and waterproof
-  Babies are placed feet-to-foot at the bottom of the cot
-  Every child is provided with clean bedding, a fitted sheet and cellular blanket, which is stored in a bedding bag labelled with the child's name
-  Bedding is firmly tucked in around the child below their shoulders to prevent head covering
-  Bedding is laundered weekly, more often if required
-  Children are appropriately dressed for sleep to avoid overheating
-  No extra items such as teddies, toys, pillows, bumpers, wedges or straps are in the sleep space
-  The spaces around cots and sleep spaces clear from hanging objects, i.e. hanging cords, blind cords, drawstring bags



- ✿ We will use sleep comforters for children who require it, such as dummies and muslin blankets. When using a blanket or teddy comforter this is removed from the sleep space as soon as the child is asleep. Dummies are managed in line with our dummies policy.
- ✿ We monitor the sleep room temperature and ensuring it always remains between 16-20°C, making adjustments to the environment when this is not possible.

Further considerations

- ✿ We will only let children sleep in buggies if they lie flat
- ✿ Any child who falls asleep in a buggy while out on a walk will be transferred to a safe sleep space to complete their rest on their return to the nursery; coats, hats, extra clothing and blankets will be removed as soon as they are inside, even if this means waking them
- ✿ We will transfer any baby who falls asleep while being nursed by a practitioner to a safe sleep space to complete their rest
- ✿ We will transfer a child who is brought into nursery while sleeping to a safe sleep space to complete their rest

We ask parents to complete a 'This is Me' form on their child's first day which includes details of the child's sleeping routine. If a child has an unusual sleeping routine or a position that we do not use in the nursery, i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the child's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to provide written permission to adopt a different position or pattern for their child.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than having one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children who do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the session and share observations and information if they do not receive enough sleep.

If parents are finding they have concerns with their child's sleep routine, the team can offer advice and support, alternatively we would signpost parents to their child's health visitor to gain some advice and support.

Sleeping twins

We recognise that parents of twins may request that they sleep together, while working with parents to maintain their sleep routines and well-being we recognise that once children can roll or move around it is unsafe for children to share a sleeping space. Sleep mats can be positioned next to each other.



This policy was updated:	Signed on behalf of the nursery:	Date for Review:
August 2026	Julie Coackley Childcare Director	2027