



Safer Sleep Policy

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resilience, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in the early years. We work in partnership with parents/carers to establish an appropriate and safe sleep routine for their child while in our care.

- All staff will respond sensitively to the needs of each child.
- Familiar staff settle the children down for their sleep
- Staff will endeavor to follow each child's daily home routine as discussed with parents during settling in visits
- Provision is made for children to rest /sleep in a quiet area equipped with a cot, sleep pod or mat.
- Cots and pods have a firm, flat mattress with no raised or cushioned areas
- Babies and young children will always be placed on their back for every sleep and not on their front or side
- Once a child starts to roll from front to back by themselves, they are left to find their own position for sleep
- Blankets and loose bedding will not be used to cover sleeping children
- Children can sleep in cosy areas, but blankets and loose bedding will not be used to cover sleeping children
- Parents will provide a sleeping bag for their child with the correct tog that is appropriate for the time of year. If using a sleeping bag, no extra bedding is needed
- Children will not sleep in a pushchair but may be settled in their pushchair prior to sleeping and then transferred to a sleep pod, cot or mat.
- If a child arrives at the setting with their parent asleep in their pushchair, they will be transferred to a sleep pod, cot or mat to complete their sleep
- Children will never be put down to sleep with a bottle to self-feed.
- Children who are unwell will be given the highest supervision priority and monitored constantly.
- Baby monitors are used to monitor and track a child's sleep pattern in addition to physical checks by a staff member at 10-minute intervals or sooner as required.
- Whenever possible, a staff member will remain in the sleep room to monitor children's sleep and the sleep record sheet is completed for each child.
- Details of children's sleep pattern will be recorded in their daily diary where required for parent's information and/or recorded on a sleep record
- Sheets that fit mattresses or sleep mats are laundered regularly

- Unnecessary items will not be put in cots and sleep pods, such as cot bumpers and toys
- Children are comfortably ready and appropriately dressed for sleep, minimizing the risk of over-heating. Hazards from their persons such as loose cords on clothing, hair accessories and footwear are removed before sleep
- Sleep spaces, are kept clear of all items to ensure safety when children are sleeping
- Children will be allowed to have personal comforters if requested by the parent. Dummy clips and bibs are removed before putting a child down for a sleep
- Should a baby fall asleep while being nursed by a practitioner, they will be transferred to a safe sleeping surface to complete their rest.
- All rest and sleep areas have a maintained temperature of between 16-20 degrees
- Any parental request for deviation from our practice must be discussed with the manager.

This policy has been adopted by Becksid Pre-School & Nursery

Signed on behalf of the setting byH Kendall..... Owner/Manager

Date: September 2023

Review Date: September 2024

Resources:

[The Lullaby Trust - Safer sleep for babies, Support for families](#)

[Safe sleep advice for babies - Start for Life - NHS \(www.nhs.uk\)](#)

Lincolnshire Safeguarding Childre Partnership: Safe Sleeping for babies and SIDS