



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.

Babies and young children will always be placed down to sleep safely. For children under 2 years old, we ensure that:

- Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor.
- Babies aged 1 year and under must only be placed to sleep in a cot.
- Sleep spaces only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used (provided by the parent). We will check the manufacturer recommendations before using a baby sleep bag.
- Where blankets are used, the child is placed feet-to-foot at the bottom of the cot, with blankets tucked in.
- Cots never contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children's heads are not covered.
- Children under six months of age always have an adult with them in the same room for every sleep.
- All children are frequently checked when sleeping.
- Children are always within sight and hearing of staff when sleeping.
- All staff read NHS advice on [Sudden infant death syndrome \(SIDS\) – NHS](#). More information on safer sleep guidance is available from [The Lullaby Trust](#).

- If a child arrives at the setting with their parent asleep in their pushchair, they will be transferred to a sleep pod, cot or sleep mat to complete their sleep
- 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 sleep mat.
- 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.
- 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
- 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
- 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: March 2025

Review Date: March 2026

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