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 under 2 years** must be placed 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 12 months** and under must only be placed to sleep in a cot (including cots, carrycots, Moses baskets or travel cots)
- Sleep spaces contain only a firm, flat, waterproof mattress and lightweight bedding firmly tucked below the shoulders, or a well-fitted baby sleep bag (provided by the parent) following manufacturer
- 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.
- Babies under six months will always have an adult in the same room during sleep
- All children are frequently checked when sleeping.
- All children are frequently checked, and staff ensure children are within sight and hearing at all times
- 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
- Extra items such as toys, pillows, bumpers, wedges, or straps are not allowed in cots
- 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.
- Babies should not be too hot or cold; recommended room temperature is 16–20°C
- 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.

Adopted: September 2021
Last Reviewed: October 2026
Next Review Due: October 2027
Review Frequency: Annually or following changes to legislation, statutory guidance, safeguarding requirements or nursery procedures.

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