

1.16 Safer Sleep Policy

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1.16 Safer Sleep Policy

Policy Statement

At Miss B's Nursery, the safety and wellbeing of every child is our highest priority. We are committed to providing a safe sleeping environment which follows current national guidance and significantly reduces the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related accidents.

We recognise that babies are safest when cared for by knowledgeable practitioners who understand safer sleep guidance, individual children's routines and the importance of continuous supervision.

Our sleep practice is based upon current recommendations from:

- the Statutory Framework for the Early Years Foundation Stage (EYFS);
- The Lullaby Trust;
- Department for Education safer sleep guidance;
- current safeguarding best practice.

All practitioners receive safer sleep training as part of their induction and through regular refresher training.

Legislative Framework

This policy is informed by:

- Statutory Framework for the Early Years Foundation Stage (EYFS)
- Children Act 1989
- Children Act 2004
- Working Together to Safeguard Children
- Health and Safety at Work etc. Act 1974
- Equality Act 2010
- Public Health infection prevention guidance

Purpose

This policy aims to:

- reduce the risk of sleep-related deaths;

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- provide a safe sleeping environment;
- ensure all babies sleep according to current safer sleep guidance;
- work in partnership with parents;
- ensure practitioners actively supervise sleeping children;
- provide consistent procedures across the nursery.

Children's Rights

Every child has the right to:

- sleep safely;
- have their individual needs respected;
- receive appropriate supervision;
- have their wellbeing protected.

This reflects Articles 3, 6 and 24 of the United Nations Convention on the Rights of the Child.

Individual Sleep Needs

We recognise that every baby is unique.

Parents remain the experts on their child's sleep routine.

Before a child starts nursery we will discuss:

- normal sleep routines;
- preferred settling methods;
- comforters;
- feeding patterns;
- medical conditions;
- sleep cues;
- any professional advice received.

Sleep routines will be reviewed regularly with parents.

Safe Sleep Environment

Our dedicated baby sleep room has been designed to provide a calm, safe and comfortable sleeping environment.

The room provides:

- individual cots for each baby;
- firm mattresses that fit each cot correctly;
- waterproof mattress protectors;
- fitted sheets only;
- good ventilation;
- air conditioning to maintain a comfortable environment;
- continuous room temperature monitoring;
- subdued lighting;
- minimal noise;
- CCTV positioned above each cot to support supervision.

The CCTV system is used only as an additional safety aid and **never replaces direct practitioner supervision or physical welfare checks.**

Sleeping Position

Unless medically advised otherwise:

- babies will always be placed **on their back to sleep**;
- babies will never be placed on their side or front;
- if a baby independently rolls during sleep, practitioners will not repeatedly reposition them if they can roll both ways confidently, but will continue close supervision.

Any alternative sleeping position must be supported by written medical advice.

Bedding

Only suitable bedding will be used.

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Babies will sleep with:

- fitted sheet;
- lightweight cellular blanket if required.

The following will **not** be placed inside cots:

- pillows;
- duvets;
- quilts;
- cot bumpers;
- loose blankets;
- soft toys (unless specifically agreed as an appropriate comfort item and it does not create a suffocation risk);
- sleep positioners;
- nests;
- weighted blankets.

Blankets will be tucked securely below shoulder level.

Clothing

Practitioners will ensure babies are dressed appropriately.

Babies should not become too hot.

Practitioners will:

- remove outdoor clothing;
- remove hats;
- avoid overdressing;
- adjust bedding according to room temperature;
- monitor for signs of overheating.

Signs of overheating include:

- sweating;
- flushed skin;
- rapid breathing;
- hot chest or neck.

Continuous Supervision

Sleeping children remain under continuous supervision at all times.

At Miss B's Nursery:

- practitioners continuously supervise sleeping children throughout their sleep, with our sleep check every 10 minutes;
- live CCTV images from every cot are displayed on monitors within the baby rooms;
- practitioners remain alert to changes in breathing, movement or behaviour;
- CCTV supports, but never replaces active practitioner supervision.

Ten-Minute Physical Checks

In addition to continuous supervision, practitioners carry out a **physical welfare check every 10 minutes**.

Each check includes observation of:

- breathing;
- skin colour;
- body position;
- temperature;
- comfort;
- signs of distress.

The practitioner physically attends the cot to confirm the baby's wellbeing.

Each check is recorded on the nursery's Sleep Monitoring Record to inform parents of their child's sleep.

If any concerns are identified, appropriate action is taken immediately.

Settling Babies

Practitioners follow babies' usual routines wherever possible.

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Babies may be settled by:

- gentle reassurance;
- quiet talking;
- gentle patting;
- responsive comforting;
- age-appropriate soothing techniques.

Babies are never left to cry for prolonged periods without responsive adult support.

Dummy Use

If parents request dummy use:

- the dummy will be clean;
- attached only immediately before sleep;
- never forced upon a child;
- removed naturally if it falls out.

Dummy clips will not be used while babies are sleeping.

Swaddling

Miss B's Nursery does **not** routinely swaddle babies.

If parents request swaddling, this will only be considered where:

- it aligns with current safer sleep guidance;
- practitioners are trained;
- it is safe for the individual baby;
- written agreement is in place.

Swaddled babies must always be placed on their backs and monitored closely; swaddling will cease once the baby shows signs of rolling.

Sleep Records

The following are recorded:

- time asleep;
- time awake;
- ten-minute welfare checks;
- practitioner completing checks;
- observations;
- any concerns.

Parents are informed of their child's sleep during the day.

Medical Conditions

Children with medical needs affecting sleep will have:

- Individual Healthcare Plans;
- Individual Sleep Plans where appropriate;
- guidance from relevant healthcare professionals.

Staff follow professional advice and work in partnership with parents.

Partnership with Parents

We work closely with parents to ensure consistency between home and nursery.

Parents will be consulted regarding:

- sleep routines;
- comforters;
- dummy use;
- changes in sleep patterns;
- any medical advice.

Where nursery practice differs from home, practitioners will explain that we follow recognised safer sleep guidance to reduce risk.

Staff Responsibilities

All practitioners must:

- complete safer sleep training, as part of their induction and probation period, which is renewed every 2 years;
- follow this policy at all times;
- recognise signs of illness or distress;
- record sleep accurately;
- complete physical checks every 10 minutes;
- report concerns immediately.

The Nursery Manager will monitor compliance through observations, supervision and audits.

Emergency Procedure

If a sleeping child becomes unresponsive or displays signs of medical distress:

1. Call for assistance immediately.
 2. Assess the child.
 3. Commence paediatric first aid if required.
 4. Call 999 immediately where appropriate.
 5. Inform parents without delay.
 6. Record the incident.
 7. Follow safeguarding and reporting procedures.
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Monitoring

The Nursery Manager will regularly review:

- sleep records;
- supervision arrangements;
- room temperatures;
- staff training;

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- compliance with this policy;
 - current national safer sleep guidance.
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