



Safer Sleep Policy

At The Blue Door Nursery 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 NHS¹ 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.

We make sure that all babies and children are placed down to sleep safely, with every practitioner reading the NHS advice on sudden infant death syndrome (SIDS)¹ and being made aware of the safer sleep guidance from The Lullaby Trust².

Babies/toddlers under two years old

Practitioners ensure that babies/toddlers 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 under³ must only be placed to sleep on their back in a cot⁴
- Babies aged over 12 months are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed or mattress on the floor which has suitable British Safety Standards
- 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
- Babies and children must be placed at the bottom of the cot so they can't wriggle under covers (this is called feet to foot) with blankets tucked in
- Babies and children's heads are not covered
- Sleep comforters may be used for babies and children aged over 12 months only
- Sleep comforters may be used for babies under 12 months but only as an aid to settle them to sleep. Comforters must be removed from baby when they have been transferred to or have settled to sleep in a cot
- Babies and children are never put down to sleep with a bottle to self-feed
- Babies and children do not sleep in bouncy chairs, beanbags, car seats or in a seated position
- For babies and children born prematurely we calculate their safe sleep age from their due date not their birth date to determine their safe sleep space and requirements
- Babies and children are frequently checked when sleeping

This means:

*Monitoring babies and children visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.

*Sleep positions and changes of sleep positions will be recorded on the child's care diary entry on Tapestry.

¹ <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>

² <https://www.lullabytrust.org.uk/>

³ If a baby was born prematurely (before 37 weeks) or weighing less than 2.5kg or 5.5lb, you should follow the safer sleep advice for a year from their due date, rather than when they were born

⁴ Cots refer to: Cots, carrycots, Moses baskets, travel cots

*Monitoring babies and children's temperatures ensuring they are not too hot or too cold

- Checks are recorded every 10 minutes and as good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families
- Babies under six months of age always have a staff member with them in the same room for every sleep. We will monitor their sleep every five minutes
- Babies and children are always within sight and hearing of staff when sleeping and are never left to sleep in a separate sleep room without staff supervision at all times. This means:

*In the Kittens room (0-20 months) there will always be a staff member in the room adjacent to the sleep room when babies and toddlers are sleeping or resting. This will be the staff member named on the sleep room check board. They are responsible for each child's sleep checks and for recording sleep status, position and changes of position on the child's care diary entry on Tapestry.

*In the Cubs room (20-32 months) there will always be a staff member in the room adjacent to where toddlers are sleeping or resting. This will be the staff member named on the sleep room check board. They are responsible for each child's sleep checks and for recording sleep status, position and changes of position on the child's care diary entry on Tapestry.

*In the Lions room (32+ months) there will always be a staff member in the room adjacent to where children are sleeping or resting. This will be the staff member named on the sleep room check board. They are responsible for each child's sleep checks and for recording sleep status, position and changes of position on the child's care diary entry on Tapestry.

Sleeping environment:

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

- Ensuring every child has their own separate sleep space
- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 12 months and under are only placed to sleep in a cot
- Using a firm, flat waterproof mattress, a clean fitted sheet and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering
- Ensuring the baby/child is placed feet-to-foot at the bottom of the cot, with lightweight blankets tucked in, if used
- Ensuring every baby/child is provided with clean bedding, labelled for them, working in partnership with parents to meet any individual needs
- Ensuring babies/children are appropriately dressed for sleep to avoid overheating
- Ensuring babies'/children's heads are not covered
- Ensuring no extra items such as toys, pillows, duvets, weighted blankets, bulky bedding, extra blankets, cot bumpers, wedges or straps are used in cots; we will use sleep comforters for babies and children over 12 months only and follow The Lullaby Trust advice regarding the safe use of dummies while babies are sleeping⁵
- Ensuring comforters used for babies under 12 months are used only as an aid to settle them to sleep and are removed from baby when they have been transferred to or have settled to sleep in a cot
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags

⁵ <https://www.lullabytrust.org.uk/baby-safety/baby-product-information/dummies/>

- Monitoring the sleep room temperature and ensuring it remains between 16-20°C at all times, where possible
- Using bedding that is appropriate for the sleep room temperature
- Monitoring and recording the room temperature at different times of the day (9.00/12.00/3.00) to ensure the correct temperature is maintained and children's/baby's clothing can be adjusted as necessary
- Ensuring babies and children over six months of age are always within sight and *hearing of staff when sleeping, and are checked every 10 minutes*; we will always have a staff member in the adjacent room to enable the sleeping children to be seen and heard at all times
- Ensuring babies under six months of age always have an adult with them in the same room for every sleep and are checked every five minutes
- *Ensuring babies who are new to the setting always have an adult with them in the same room for every sleep and are checked every five minutes until staff are confident with their usual sleep patterns and sleeping style.
- Ensuring every baby and toddler is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
- Ensuring babies under 1 year are in sleeping bags to prevent babies from wriggling underneath their bedding and to help reduce the risk of SIDS.
- A sleeping bag tog chart is displayed in the room for guidance
- Ensuring every child/baby is in the right sleep bag for the time of year and temperature of the room and clothing is adjusted as necessary. There should be no other bedding.
- Ensuring every baby/child (over 12 months) sleeping on a floor mattress sleeps 'top to tail' on their individual mats to prevent the spread of potential infection

Further considerations

- *Well-fitted baby sleep bags may be used according to the manufacturer recommendations
- All bedding will be cleaned, as required and at least weekly
- We will transfer any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- We will transfer a baby/child who is brought into nursery while sleeping, such as in a sling, carrier or car seat, to a safe sleeping surface to complete their rest when they have been seen by staff to be easily woken and the parent has confirmed the child is well before transferring them to a safe sleeping surface to complete their rest
- A child/baby who is collected while sleeping must be seen by parents/carers to be easily woken and the staff on sleep checks must confirm the child is well before they go home
- Any baby/child who falls asleep in a buggy, pushchair or pram while out on a visit will be transferred to a safe sleeping surface 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 have a No smoking/vaping policy which includes the requirement for staff to change their clothes and wash their hands after smoking/vaping. In addition, we require staff to wait for 30 minutes after smoking/vaping before holding babies or children, even with a change of clothes.
- We ensure all staff read NHS advice on Sudden infant death syndrome (SIDS) – NHS [Sudden infant death syndrome \(SIDS\) - NHS](#) and follow safer sleep guidance from [Home | The Lullaby Trust](#)

We ask parents to complete forms on their baby's/child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby/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 baby'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 baby/child.

We recognise parent knowledge of their baby/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 baby/child to sleep or keep them awake against their will. They will also not usually wake children from their sleep. They will, where possible, follow parents' wishes in line with safer sleep advice.

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.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins⁶, while working with parents to maintain their sleep routines and well-being.

This policy was adopted on	Signed on behalf of the nursery	Date for review
26 th August 2026	RHarris	August 2027

⁶ <https://www.lullabytrust.org.uk/baby-safety/premature-babies-and-multiples/twins-and-multiples/>