



## 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 (aged 1 year and under) and children (under 2 years old) sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

- Babies aged 1 year and under are placed to sleep in a cot. Babies are placed down on their back in their own separate sleep space for every sleep. 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 aged over 1 year and under 2 years old are placed down on their back in their own separate sleep space for every sleep on a firm flat surface such as a cot, bed or mattress on the floor. If a baby or child 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 are 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
- 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
- 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.

\*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.
- 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.

We provide a safe sleeping environment by:

- Keeping the room temperature between 16–20°C, and using bedding that is appropriate for the 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
- Using clean, light bedding, blankets or sleeping bags and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet
- Not using products designed to keep babies and children in one sleeping position, such as wedges or straps
- Not using pillows, duvets, weighted blankets, bulky bedding, cot bumpers or cluttering cots with soft toys although small comforters may be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- 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.
- Cleaning all bedding as required and at least weekly
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Transferring babies and children who fall asleep while on a walk in a pushchair to a safe sleeping surface to complete their rest
- Ensuring a child/baby who is brought into nursery while sleeping is 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
- Having a No smoking/vaping policy.
- Ensuring 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 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 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 sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

- Ensuring 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 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 sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child’s individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will, where possible, follow parents’ wishes in line with safer sleep advice.


Individual sleep routines are followed rather than 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 that 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 day and share observations and information about children’s behaviour if they do not receive enough sleep.

**Sleeping twins**

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

Further information can be found at: [Home | The Lullaby Trust](#)

This policy was adopted on	Signed on behalf of the nursery	Date for review
18 <sup>th</sup> May 2026		Summer 2027