

SAFER SLEEP POLICY

I am committed to providing a safe, comfortable, and suitable environment for all children who sleep or rest while in my care. I follow current safer sleep guidance from the NHS, The Lullaby Trust, and the Early Years Foundation Stage (EYFS).

Safer sleep

- Babies will always be placed on their back to sleep at the beginning of every sleep.
- Babies will sleep on a firm, flat and clean sleep surface suitable for their age.
- Babies' faces and heads will be kept clear, with no pillows, duvets, cot bumpers, loose bedding, toys, or other soft items in the sleep space.
- Babies will not be allowed to become too hot and will not wear hats indoors while sleeping.
- Cots and other sleep equipment will be used safely and according to the manufacturer's instructions.
- Babies will not routinely sleep in car seats, bouncers, swings, or other equipment that is not designed for sleep. If a baby falls asleep in such equipment, I will move them to a suitable safe sleep surface as soon as reasonably practical.
- Sleep positioners, wedges and weighted sleep products will not be used.

Older children will be provided with a suitable and comfortable place to sleep or rest, appropriate to their age and stage of development.

Sleep checks and supervision

I will check children regularly while they are sleeping and ensure they are safe and comfortable.

For babies, I will check that they are breathing normally, their face and head are clear, and they are not too hot or cold.

The sleeping area will be kept clean, well ventilated, and free from hazards.

Individual needs

I will discuss each child's normal sleep routine with their parent/carer and take account of their individual needs.

Parents' wishes will be considered, but I will always prioritise safe sleep practices. If a parent's request conflicts with current safer sleep guidance, I will discuss this with them and explain why I cannot follow an unsafe arrangement.

This policy will be reviewed regularly and whenever there are changes to safer sleep guidance, EYFS requirements or the needs of children in my care.