



Safer Sleep

At Clare House Nursery, we recognise that sleep is essential for babies' and young children's growth, brain development, emotional wellbeing and overall health. We are committed to providing a safe, nurturing and well-supervised sleep environment that supports each child's individual sleep needs while promoting safe sleep practices at all times.

The safety of babies during sleep is of the utmost importance. We follow the current safer sleep guidance provided by The Lullaby Trust, NHS and the Early Years Foundation Stage (EYFS) to minimise the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related accidents.

All staff receive safer sleep training as part of their induction and ongoing professional development. Staff regularly refresh their knowledge by accessing the latest guidance from The Lullaby Trust and NHS to ensure our practice remains current and evidence-based.

Our safer sleep practice is underpinned by two key messages from The Lullaby Trust:

Back to Sleep for Every Sleep

Babies are always placed on their backs to sleep unless there is written medical advice stating otherwise.

A Clear Cot is a Safer Cot

Cots are kept free from unnecessary items such as pillows, quilts, cot bumpers, soft toys, loose blankets, sleep positioners and other objects that could increase the risk of injury or suffocation.

These simple but essential principles form the foundation of our safer sleep practice and help us provide the safest possible sleep environment for every baby in our care.

Aims of this Policy

The aim of this policy is to ensure that every child who sleeps at Clare House Nursery does so in a safe, secure and well-supervised environment that promotes their health, wellbeing and development.

Through this policy we aim to:

- Promote safe sleep practices in line with the latest guidance from the Lullaby Trust, NHS, the Early Years Foundation Stage (EYFS) and other recognised national guidance.
- Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related accidents by following evidence-based safer sleep recommendations.
- Ensure every child is provided with a safe, comfortable and age-appropriate sleep environment that meets their individual needs.
- Work in partnership with parents and carers to understand and support each child's established sleep routines while ensuring safer sleep guidance is always followed.
- Ensure all staff receive appropriate safer sleep training and maintain up-to-date knowledge of current guidance and best practice.

- Provide clear procedures for the supervision, monitoring and recording of sleeping children to ensure their ongoing safety and wellbeing.
- Ensure individual risk assessments are completed for children with additional needs, medical conditions or specific sleep requirements, working alongside parents, carers and relevant professionals where appropriate.
- Promote consistency, high standards of care and accountability by ensuring all staff understand and follow this policy.
- Maintain a calm, hygienic and safe sleep environment that supports children's physical development, emotional wellbeing and natural sleep patterns.
- Comply with all relevant safeguarding, health and safety and statutory requirements to ensure the highest standards of care for every child attending Clare House Nursery.

At Clare House Nursery, we believe that every child deserves a safe, nurturing and restful environment where they can sleep securely, supporting their learning, development and overall wellbeing.

Safe Sleep Environment

- The recommended room temperature is maintained between 16°C and 20°C. Room temperatures are monitored throughout the day and recorded on the designated sleep monitoring sheet.
- All sleeping children remain within the sight and hearing of staff at all times.
- Children under 6 months of age will always sleep in a room where a member of staff is continuously present.
- Babies under 12 months will always sleep in a safety-approved cot that complies with current British Standards.
- Children aged 2 years and over may sleep on a low sleep bed or floor mattress with a fitted sheet where developmentally appropriate.
- All cots, sleep beds and mattresses are firm, flat, waterproof, well maintained and cleaned between each child.
- Sleep areas are open plan wherever possible to enable continuous supervision.
- Baby monitors are used as an additional aid to supervision but never replace direct visual observations.
- Sleeping areas are positioned away from radiators, direct sunlight, hanging cords and other hazards.

Positioning Babies Safely

- Babies are always placed on their back for every sleep unless written medical advice states otherwise.
- Once a baby can independently roll from back to front and front to back, they may adopt their own preferred sleeping position.
- Babies are placed feet-to-foot at the bottom of the cot.
- Cots are never raised or propped up.
- Babies and children always sleep on a firm, flat sleep surface.

Bedding and Sleep Clothing

- Fitted sheets are always used.
- Loose blankets are not used for children under two years of age.

- Blankets are never folded, as folded blankets create additional layers and increase the risk of overheating.
- Blankets remain below the shoulders and are securely tucked in.
- Baby sleeping bags may be used if they meet the manufacturer's guidance for the child's age, weight and the room temperature. Clare House Nursery reserves the right not to use sleeping bags that are unsuitable, damaged or the incorrect tog rating.
- Babies are dressed appropriately for the room temperature. Outdoor clothing, coats, hats, gloves, thick jumpers and hooded clothing are removed before sleep to reduce the risk of overheating.

Keeping the Cot Clear

Following the Lullaby Trust's guidance that "**A Clear Cot is a Safer Cot**", we ensure:

- No cot bumpers.
- No pillows.
- No wedges or sleep positioners.
- No straps.
- No soft toys.
- No loose blankets or quilts.
- No unnecessary items inside the cot.

Comforters may be used to help a child settle but will be removed once the child is asleep where appropriate and safe to do so.

Dummies

- Dummies may be used for sleep in accordance with parental wishes and current Lullaby Trust guidance.
- If a dummy falls out once the baby is asleep, staff will not replace it unless the child wakes and actively seeks it.
- Dummy clips are always removed before sleep.
- Dummies are stored hygienically in named containers.
- We encourage families to discontinue dummy use from around **12 months** of age.

Feeding Before Sleep

- Babies and toddlers will never be left to self-feed with a bottle whilst sleeping or settling to sleep.
- Any bottles given before sleep are supervised by a member of staff.

Monitoring Sleeping Children

- Every sleeping child is visually checked and recorded at least every **10 minutes**.
- During each observation staff will:
 - Observe the rise and fall of the child's chest.
 - Check breathing and skin colour.
 - Ensure the child remains in a safe sleeping position.
 - Monitor room temperature.
 - Record observations on the sleep monitoring chart.

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- *If any unsafe sleep position or environmental risk is identified, staff will take immediate action to make the child safe and record the actions taken.*

Our dedicated sleep room is **open plan** and directly connected to the Baby Room. This enables practitioners to maintain continuous sight and hearing of sleeping babies and children throughout the day whilst carrying out their normal duties within the room.

Sleeping children are therefore continuously monitored, rather than being observed only at designated intervals.

Individual Risk Assessments

Individual sleep risk assessments will be completed where a child has:

- A medical condition.
- Additional needs.
- A disability.
- Specialist sleep equipment.
- Advice from health professionals.
- Any identified risks associated with sleeping.

Risk assessments will be developed in partnership with parents/carers, the Local Authority Inclusion Officer and relevant health professionals to ensure reasonable adjustments can be made whilst maintaining safe sleep practices.

Equipment and Hygiene

- Every child is provided with clean bedding.
- Children attending multiple sessions have their own named bedding stored hygienically.
- Bedding bags are stored safely away from sleeping equipment and never hung over cots.
- Mattresses are cleaned and disinfected between children.
- All sleep equipment is checked regularly to ensure it remains safe and suitable for use.

Additional Safety Measures

- Hair accessories, bibs, dummy clips, necklaces and teething jewellery are removed before sleep.
- Electrical cables are secured and out of children's reach.
- Socket covers and room safety measures are maintained where appropriate.
- Slings are not used as a sleep space.
- Children who exceed a cot manufacturer's recommended weight limit will be provided with an alternative safe sleep space.

Swaddling

Swaddling will only be supported where it is developmentally appropriate and agreed with parents.

- Babies who are showing signs of rolling must not be swaddled.
- Swaddled babies are always placed on their backs.

- Arms should not be tightly restricted.
- Swaddling must remain below the shoulders.
- Babies must not be overdressed beneath the swaddle.
- Swaddled babies will always sleep on a firm, flat sleep surface.

Infection Prevention

To reduce the risk of infection:

- Staff follow the nursery's sickness policy.
- Effective hand hygiene is maintained at all times.
- Staff do not kiss babies on the mouth.
- Staff who smoke during breaks must change clothing where appropriate, wash their hands thoroughly and maintain good personal hygiene before returning to work.

Partnership with Parents

At Clare House Nursery, we recognise that parents and carers know their child best and value the importance of working in close partnership to provide safe, consistent and responsive care.

We will work collaboratively with families to understand and support each child's usual sleep routine, comforters, preferences and individual needs wherever possible, whilst ensuring that all sleep practices within the nursery comply with current safer sleep guidance.

Before babies join our Baby Room, parents and carers are asked to complete a Safer Sleep Information Form. This provides an opportunity for meaningful discussion between families and nursery staff about their baby's individual sleep routine, health needs and current sleep practices at home.

During this discussion, we will:

- Explain Clare House Nursery's **Safer Sleep Policy** and procedures.
- Share current guidance from the **Lullaby Trust**, **NHS** and the **Early Years Foundation Stage (EYFS)**.
- Discuss how we implement safer sleep practices within the nursery.
- Encourage consistent safer sleep routines between home and nursery wherever possible.
- Answer any questions or concerns families may have regarding their child's sleep.

Parents and carers are encouraged to inform us promptly of any changes to their child's sleep routine, health, medication or wellbeing so that we can continue to meet their individual needs safely.

Information about each child's sleep is shared with families daily. During settling-in periods, or whenever appropriate, staff may contact parents and carers throughout the day to provide reassurance, discuss sleep routines and ensure that children are settling comfortably into nursery life.

Through open communication and partnership working, we aim to promote safe sleep practices both at home and within the nursery, helping to provide every child with a safe, nurturing and restful sleep environment.

Respecting Individual Sleep Needs

Children will never be forced to sleep or prevented from sleeping. Staff will respond sensitively to each child's individual needs.

Children who choose not to sleep will be offered calm, quiet activities under appropriate supervision.

Sleeping Arrangements for Children Aged 18 Months and Over

Children in our Bumbles Room, Little Bees and Big Bees Rooms (approximately 18 months and over) who require a sleep during the day are provided with their own individual low-level mesh sleep bed.

To ensure a safe, comfortable and hygienic sleeping environment:

- Each child has their own individual fitted sleep sheet and blanket, which are stored in a named individual bedding bag or the child's personal tray when not in use.
- Bedding is washed regularly, and immediately if it becomes soiled, to maintain the highest standards of hygiene and infection prevention.
- Each mesh sleep bed is thoroughly cleaned and disinfected using a Clinell wipe after every sleep and before being used by another child.
- Sleep beds are positioned to allow staff to maintain continuous supervision, ensuring all sleeping children remain within sight and hearing at all times.
- Sleep routines continue to be recorded and monitored in accordance with our Safer Sleep Policy, with regular observations documented throughout the child's sleep.

These procedures help ensure that children have a safe, comfortable and hygienic place to rest, while supporting their individual sleep needs and promoting their health and wellbeing.

