

TinyTots Day Nursery Safe Sleep Policy

Purpose

At TinyTots Day Nursery, we are committed to providing a safe, comfortable and well-supervised sleep environment for all children in our care. We recognise that sleep is essential for children's health, wellbeing and development, and we aim to minimise the risk of accidents, suffocation, overheating and Sudden Infant Death Syndrome (SIDS) by following recognised safe sleep guidance and best practice.

Legislation, Guidance and Best Practice

TinyTots Day Nursery is committed to providing a safe sleep environment that reflects current legislation, national guidance and recognised best practice.

We follow:

- The Department for Education (DfE) guidance, including the **Early Years Foundation Stage (EYFS) Statutory Framework**.
- Current British Safety Standards for all cots, mattresses and sleep equipment used within the nursery.
- Current safe sleep recommendations and guidance issued by recognised health organisations and professional bodies.

The nursery is committed to regularly reviewing its safe sleep procedures to ensure they remain in line with any updates to legislation, national guidance, British Standards and best practice recommendations. Policies will be reviewed whenever guidance changes, and all staff will receive ongoing safe sleep training to ensure their knowledge remains current.

The Nursery Manager, **Gina Kalis**, and Deputy Manager, **Zara Domachowski**, are responsible for monitoring changes in legislation and guidance and ensuring that all policies, procedures and staff training are updated accordingly.

Staff Supervision

- A member of staff will be present in the sleep room at all times while children are sleeping.
- Visual sleep checks will be carried out every **10 minutes** for all sleeping children.
- Each sleep check will be recorded, including the time and the child's wellbeing.
- All staff are trained in safe sleep practices and understand their responsibilities for maintaining a safe sleeping environment.

Sleep Environment

- The sleep room temperature will be maintained between **16°C and 20°C**.
- Appropriate action will be taken if the room temperature is outside of these ranges.
- The room temperature will be monitored regularly using a room thermometer.

- Children will be positioned with sufficient space between each sleeping area to allow an adult to comfortably walk or sit between them, ensuring safe supervision and easy access at all times.
- No child will be left sleeping in an area where they cannot be continuously supervised.

Babies Under 12 Months

- Babies under 12 months will sleep in their own individual cot.
- Only fitted sheets and cellular blankets will be used.
- Babies will always be placed on their **back** in the **feet-to-foot** position.
- Babies will never be placed on their side or front for sleep unless written medical advice has been provided by a healthcare professional.
- Babies' faces and heads will remain uncovered throughout their sleep.

Sleeping Arrangements for Older Children

- Older children sleeping on sleep mats will be placed in a **top-to-tail** position to help reduce the spread of infection and illness.
- Each child will have their own designated bedding during the day.
- Children will be positioned with adequate spacing between them to maintain comfort, hygiene and safe supervision.

Bedding and Hygiene

- Bedding will be stored hygienically in individual drawstring bags.
- Bedding will be laundered daily using non-biological washing powder.
- Bedding will be checked regularly to ensure it is clean, dry and in good condition.
- Each child will use their own bedding to minimise the spread of infection.

Comforters and Dummies

- Children may use their own comforter to help them settle to sleep.
- Once the child has fallen asleep, comforters will be removed where appropriate and safe to do so.
- Dummies are permitted during sleep if they form part of the child's usual sleep routine.
- Dummy clips, cords or attachments are not permitted during sleep due to the risk of strangulation.
- Bibs and outdoor wear i.e. coats, shoes, hooded tops and any restricting clothing will be removed prior to sleep time.

Children Arriving Asleep

- Any child arriving at nursery asleep in a car seat or pushchair will be gently woken before entering the nursery.

- This enables staff to ensure the child is awake, alert and well before they are settled for sleep if required.
- Staff will carry out a brief wellbeing check before the child is admitted into the nursery.

Safe Sleep Equipment

Children must not sleep in:

- Pushchairs
- Car seats
- Bouncers
- Beanbags
- Infant seats or similar equipment

If a child falls asleep in any of the above, they will be moved as soon as it is safe to do so into an appropriate sleep space, such as a cot or sleep mat, in accordance with safe sleep guidance.

Communication with Parents

- Staff will record each child's sleep times and duration on the nursery's care diary.
- Parents will be kept informed of their child's sleep routine each day.
- Any changes to a child's usual sleep pattern, or any concerns observed during sleep, will be discussed with parents promptly.

Reporting Concerns

Any concerns regarding a child's sleep, breathing, health, wellbeing or the safe sleep environment must be reported immediately to:

- **Gina Kalis – Nursery Manager**
- **Zara Domachowski – Deputy Manager**

Appropriate action will be taken in accordance with nursery safeguarding and health procedures, and parents will be informed where necessary.

Policy Review

This policy will be reviewed annually, or sooner if there are changes to legislation, Department for Education guidance, the EYFS Statutory Framework, British Safety Standards or recognised safe sleep best practice.

TinyTots Day Nursery is committed to ensuring every child has a safe, secure and nurturing sleep environment through robust procedures, regular staff training and continuous review of national guidance.