



Approved by	LGB 2nd July 2026
Date reviewed	3rd June 2026
Review date	July 2027

Safer Sleep Policy

Safer sleep is not just about comfort; it is the key part of Safeguarding and providing consistent, high-quality care for babies and young children.

Staff receive regular training, follow procedures consistently and respond promptly to any concerns.

At The Pod and The Sett and Hive, 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' sleep 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 are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them back onto their back again unless they can roll from back to front and back again on their own, in which case we let them find their own position.
- Babies and toddlers are never put down to sleep with a bottle to self-feed.
- Babies and toddlers are monitored visually while sleeping, looking for chest rise and fall and whether the sleep position has changed.
- 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 their families.
- Babies and children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature.

- Using clean, light bedding or blankets 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 with a clean fitted sheet.
- Not using cot bumpers or cluttering cots with soft toys, although dummy comforters may be given where required.
- Keeping all spaces around cots and beds clear from hanging objects, i.e. hanging cords, blind cords, and 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 provide an approved tog-rated sleeping bag.
- 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 a baby/child who is brought into the nursery while sleeping to a safe sleeping surface to complete their rest.
- Having a no-smoking/vaping policy.

We ask parents to complete forms about their child's sleep routine with the child's key person when the child starts at nursery, and these are reviewed and updated at set intervals.

If a baby has an unusual sleeping routine or a position that we do not use in the nursery, e.g., sleeping on their tummy or in a sling, we will explain our policy to the parents. 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 parents' knowledge of their child's sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continue to be met. Parents are advised to refrain from using comforters, toys, extra blankets, and snugglies; however, if the baby or child relies on them, they will be offered and then removed when the baby is asleep. Staff will not force a child to sleep or keep them awake against their will. We will also not usually wake children from their sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps settle children who require sleep, for example, by dimming the lights or using soft music where applicable. We will maintain the needs of the children who do not require 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.

Sleeping twins

We follow The Lullaby Trust's advice on sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>