



Little 1 Nursery

### 6.7 Safer Sleeping Policy

At Little 1 Nursery the safety of our children is of paramount importance. We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Our policy follows the advice provided by the NHS and the Lullaby Trust to minimise the risk of Sudden Infant Death Syndrome. We make sure that:

- Babies and children are always placed on their backs to sleep on a firm, flat sleep mat, coracle or cot depending on their age. When children can easily turn over from the back to their front, they are allowed to adopt whatever position they prefer to sleep.
- Babies and children are never put down to sleep with a bottle to self-feed.
- Babies and children are placed towards the bottom of the sleep space (feet to foot)
- Babies and children will use either a sleeping sack (provided by parents) or will be covered with a blanket that's tucked in underneath their arms. Cellular blankets will be used with children 1 year. Parents will sign permission for their own sleeping bag to be used and we will advise to provide a low tog around 1 tog as we have underfloor heating on during the colder months and the baby will only wear one layer of clothing underneath
- Babies and children are monitored visually when sleeping every 10 minutes. We will check for; colour of lips and skin, check their faces are not covered, and the rise and fall of their chest.
- Staff will be in sight and hearing at all times
- Babies under 6 months will have an adult present at all times whilst they sleep.
- Babies under 1 years old will sleep in a cot
- Children from 1 year to 20 months can sleep in a coracle.
- Children over the age of 1 can sleep on a mat.
- Comforters may be given to babies when required if the baby is under 1 years old they must be removed from the cot once the child is asleep,.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we aim to keep this between 16 and 20 degrees)
- Having no loose items in the cot or within reaching distance.
- Using clean, light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating.
- All bibs removed.

- Only using safety-approved cots or other suitable sleeping equipment (i.e. coracles or mats) that are compliant with British Standard regulations, with a waterproof covering and a clean fitted sheet
- Keeping all sleep spaces clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with named clean bedding weekly.
- Transferring any child who falls asleep while being nursed/fed by a practitioner to a safe sleeping surface to complete their rest
- Having a strict no smoking/vaping policy
- If a child is sleeping when they arrive to nursery they will be transferred to either a cot, coracle or sleep mat, rousing them and checking their breathing before taking them from their parent and laying them down.

We ask parents to complete 'All about me' sheet 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 child has an unusual sleeping routine or a position that we do not use in the nursery i.e. children being put to sleep on their front, we will explain our policy to the parents and inform them that we will be putting them on their back until they adopt their own position.

We recognise parents' 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.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's sleep.

### **Sleeping twins**

We follow the advice from children's parents as well as The Lullaby Trust regarding sleeping twins.

### **Premature babies**

If a baby was born prematurely before 27 weeks or weighing less than 2.5kg (5.5lbs) we will follow the safer sleeping advice for a year from their due date.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)