

Safe Sleep

for Babies & Young Children

Important guidance to help keep children safe and comfortable while sleeping



1. Safe sleep spaces

- Children must be placed down on their back in their own separate sleep space on a firm, flat surface such as a cot, bed or mattress on the floor.
- Babies aged 12 months and under must only be placed to sleep in a cot.



2. Firm, flat and waterproof

Sleep spaces must only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering.



3. Use a sleep bag

Alternatively, a well fitted baby sleep bag may be used. Check the recommendations before using a baby sleep bag.



4. Keep blankets tucked in

Where blankets are used, the child must be placed feet-to-foot at the bottom of the cot, with blankets tucked in.



5. Cots must be clear

Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.



6. Room temperature

Children should not get too hot or cold. The recommended room temperature for babies is 16 – 20°C.



7. Keep heads uncovered

Children's heads must not be covered. Babies under six months of age must always have an adult with them in the same room for every sleep.



8. Regular checks

All children must be frequently checked when sleeping.



9. Always within sight and hearing

Children must always be within sight and hearing of staff when sleeping. Follow NHS advice on Sudden Infant Death Syndrome (SIDS) – [NHS](#)



TOP TIPS FOR SAFE SLEEP



Always place babies on their back to sleep.



Use a sleep bag instead of loose blankets.



Keep cots clear – no toys, pillows or extra items.



Keep the room at a comfortable temperature.



Regularly check on children and stay within sight and hearing.



By following these simple steps, we can help every child sleep safely and soundly.

