

Sleep and Child Well-Being Policy

At Little Holcombe and Tower View Nursery 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' and young children sleeping 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).

This policy relates to the Safety and Welfare requirements of the EYFS: 3.42, 3.84, 3.91

We make sure that:

Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, pod, bed or mattress on the floor. Babies aged 1 year and under must only be placed to sleep in a cot.

- Sleep spaces should 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. Alternatively, a well fitted baby sleep bag may be used. Check the manufacturer recommendations before using a baby sleep bag.
- Where blankets are used, the child is placed feet-to-foot at the bottom of the cot, with blankets tucked in.
- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children should not get too hot or cold. The recommended room temperature for babies is 16 – 20°C.
- Children's heads are not covered.
- Children under six months of age must always have an adult with them in the same room for every sleep. All children must be frequently checked when sleeping.
- Children are always within sight and hearing of staff when sleeping.

We provide a safe sleeping environment by:

- Monitoring the room temperature.
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots/pods or other age appropriate sleeping equipment.
- Not cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags etc.

- Ensuring every baby/toddler is provided with clean bedding once a week or when required.
- Never covering the sides of cots with blankets.
- Transferring any baby who falls asleep while being nursed by a practitioner or in a low chair to a safe sleeping surface to complete their sleep.
- Having a no smoking policy in place for staff.
- Only using comforters for children over the age of 12 months (if necessary)

Comforters

- Where children use a comforter (such as a small soft toy or blanket), this may be used to support settling
- For babies, comforters are used with careful consideration and are removed once the child is asleep where appropriate, in line with safer sleep guidance
- For older children, comforters may remain, provided they do not pose a safety risk

We make sure all comforters are:

- Age-appropriate and safe
- Regularly checked by staff during sleep monitoring
- Removed immediately if they pose any risk (e.g. covering the face or affecting breathing)

Staff remain vigilant to ensure that dummies and comforters are used safely and appropriately at all times.

We ask parents to share information 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 baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and seek further advice from agencies such as The Lullaby Trust. Under no circumstances would we put the baby/child or ourselves at risk.

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. They will also not usually wake children from their sleep.

Any sleep comforters will be discussed at a child's induction. According to the 'Safer Sleep' guidance sleep comforters can only be used for babies or children over 12 months old.

Where a parent has informed a member of staff of changes to their child's sleep rhythm i.e. symptoms of sleep apnea. We would ask for the child to be seen by their

GP or medical practitioner before returning to nursery. We would ask for a letter confirming the diagnosis and any further action to be taken.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Older Pre-school children tend to follow the nursery routine, however a child may go to sleep at their own convenience in the quiet corner and we shall make sure they are supervised and checked on.

Each child is provided with their own head sheet and blanket. These are stored in a pump bag of their own which is named. Bedding is washed weekly, onsite, unless the need arises at an earlier point in the week.

When a child arrives at the setting we make sure they are fully awake before the parent/carer leaves.

Adopted on 31/01/2024.

Updated April 2026

Reviewed annually