



SAFER SLEEP



Every Sleep Matters



SAFE SLEEP SAVES LIVES



FOR CHILDREN UNDER 5 YEARS

Following safer sleep guidance is everyone's responsibility.



ALWAYS



Place children on their **BACK** to sleep



Use a **FIRMLY FITTED, FLAT** mattress with a fitted sheet



Keep cots **CLEAR** no pillows, toys, bumpers or loose blankets



Check sleeping children **EVERY 10 MINUTES**



Check children under 6 months **EVERY 5 MINUTES**



Maintain a comfortable room temperature **16-20°C**



16-20°C
Ideal room temperature



Keep children in their **OWN** sleep space



Supervise sleeping children at **ALL times**



Record all sleep checks accurately



NEVER



Put children to sleep on their tummy



Leave bottles in cots



Use pillows, duvets or cot bumpers



Cover children's heads



Leave sleeping children unsupervised



Allow overheating



CHILDREN UNDER 5 YEARS MUST:



Sleep in the same room as a supervising adult



Receive enhanced monitoring

SIGNS OF OVERHEATING

- Sweating
- Damp hair
- Hot chest or back
- Flushed skin
- Restlessness



OUTDOOR SLEEPING



With parent permission, the same safer sleep standards always apply.

IF YOU ARE UNSURE

Speak to:

- Your Room Leader
- Deputy Manager
- Nursery Manager



SAFE SLEEP IS EVERYONE'S RESPONSIBILITY

If you have any concerns about a child's sleep, raise them immediately.



NEW BEGINNINGS
DAY NURSERY