



Sleep Policy

At New Beginnings Day Nursery, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

This policy has been considered in line with the government safer sleep guidance [Help for early years providers : Safer sleep](#)

The safety of babies and children under 5 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). We make sure that:

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again on their own, in which case we enable them to find their own position.
- Where blankets are used, the child is placed feet-to-foot at the bottom of the cot, with blankets tucked in
- Babies and toddlers are never put down to sleep with a bottle to self-feed
- Babies and toddlers are always monitored and in sight and sound of staff when sleeping looking for the rise and fall of the chest and if 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 families
- Babies under six months of age will always sleep in the same room as a supervising adult
- 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 room temperature and maintaining a recommended temperature of 16–20°C for sleeping babies
- All babies and children will sleep in their own separate sleep space appropriate to their age and stage of development
- 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 (BS EN 16890 and BS 7177)
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet. A lightweight blanket is also provided this is firmly tucked in around the child below their shoulders to prevent head covering. Children's heads are never covered when put to sleep



- Children may also sleep in bed bags which are provided by the parent. Staff ensure children are placed in these bed bags correctly and safely and are compliant with **BS EN 16781:2018**
- Children 12 months and under are placed in a cot to sleep.
- Where children sleep outdoors, the same safer sleep supervision, temperature monitoring and safe sleep procedures apply
- Cots do not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps. Age-appropriate comforters may only be used in line with safer sleep guidance
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, 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 bring one from home ensuring it complies with **BS EN 16781:2018**
- 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
- We will not accept babies/children into nursery while they are sleeping. They will need to be woken from their rest before they arrive at nursery
- Age-appropriate comforters may only be used in line with safer sleep guidance. For children aged over 12 months
- Having a No smoking/vaping policy

During a child's settling-in session, we complete an "All About Me" form, which includes a discussion about the child's sleep routine. We ensure that all children sleep in safe, appropriate environments: babies under 12 months are placed in cots, and children over 12 months use bed mats unless requested otherwise by a parent.

We always follow safe sleep guidance and will only accommodate an alternative sleep routine or position (such as a baby sleeping on their tummy) if there is a valid medical reason. In such cases, written confirmation from a qualified medical professional is required.

We recognise parent 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.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children



that do not require a 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.

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

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

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

Staff training

All staff receive safer sleep training as part of their induction. Managers provide ongoing support, guidance, and supervision to ensure staff consistently follow safe sleep practices when putting children to sleep.

| This policy was adopted on | Signed on behalf of the nursery | Date for review |
|---|--|--------------------------------|
| 1 st September 2025- <i>updated May 26</i> | J Wilkinson | 1 st September 2026 |