



Safer Sleeping Policy

Statement of intent

Toddington Childcare & Forest School is committed to implementing a robust Safer Sleeping Policy for all Early Years children in our care to ensure we continue to safeguard the health and well-being of our most vulnerable infants and young children. We believe 'Safer Sleeping' practices for early years children are critical for reducing the risk of Sudden Infant Death Syndrome (SIDS). Toddington Childcare and Forest School are committed to ensuring all staff receive continuous, relevant staff training in Safer Sleeping practice for effective policy implementation.

Aims

- **Sleep Environment-**To provide a safe sleep environment. For example; Using Nursery approved mattresses and avoiding soft bedding including pillows, blankets, some comforters and soft toys in a smoke free environment to keep infants and young children safe. Dummies are proven to reduce the risk of (SIDS). Research from 'The Lullaby Trust'.
- **Room Temperature-** To ensure a comfortable room temperature is maintained (ideally between 16 degrees C to 20 Degrees C) as recommended by 'The Lullaby Trust' to prevent overheating.
- **To ensure infants are placed on their backs to sleep.** This should be the default position. If a child moves themselves onto their side or front during their sleep/nap, this is ok and we will continue monitoring so we do not disturb their sleep.
- **Supervision/Staff Ratio-** Ensuring adequate staff to child ratio's whilst young infants and children nap and regularly check in on sleeping children so we are able to respond quickly in case of emergency.
- **Age groups-** Tailoring supervision and the environment accordingly for different ages in accordance with guidance for infants and toddlers.

- **Staff Training-** To ensure all staff are trained regularly in safer sleeping practices and understand the policy, based on the latest research and guidance from health authorities and in collaboration with 'The Lullaby Trust'.
- **Documentation and Reporting-** Keeping records of sleep times, logs of regular checking, patterns and any irregularities to help monitor usual behaviour. This information can be used to inform discussions of any concerns with parents and carers.
- **Effective communication with parents and carers of Safer Sleeping practices and guidance.**

Methods

In accordance with the key recommendations from the Lullaby Trust regarding sleep safety for early years children, we implement these methods into our Safer Sleeping practice to ensure the safety and well-being of all our early years children during nap and sleep times.

We will always place babies and young children on their back to sleep, as this position significantly reduces the risk of Sudden Infant Death Syndrome (SIDS). Dummies are used if a child usually naps using a dummy as a comforter in our Panda Room (1-2 years), as research suggests the use of a dummy during sleep times can reduce the risk of (SIDS)

We provide a Nursery approved floor sleeping mattress for each child in our Panda Room (1-2 years) with a daily clean cotton fitted sheet for nap times, free from any loose bedding, pillows or toys. Our children's own small soft comforter is ok. If it is a little colder, we provide breathable blankets that are placed under the armpits of our children and children remain under constant supervision. For our older children aged 2 years plus in our Zebra Room and 3 years plus in our Giraffe Room, we have available additional Nursery approved sleeping mattress's for occasional rest and naps when needed that can be placed on the floor in a safe area away from other obstructions.

The Room temperature is regularly monitored during our daily Health and Safety Checks and children are dressed appropriately to prevent them from overheating. Recommended Room temperature from 'The Lullaby Trust' is between 16 degrees C and 20 degrees C whilst sleeping.

We provide a calm environment with reduced lighting, pull window blinds and play white noise to help young children relax at nap time.

We ensure appropriate staff to child ratios are adhered to during sleep times and our staff regularly monitor our children's sleep patterns and log checking in times during sleep times to ensure we can respond quickly in case of an emergency. In our Panda Room (1-2 years) where our children all nap together as part of our daily routines, a written log is monitored by the Room Lead. In our Zebra Room (2 years plus) and Giraffe Room (3 years plus) where children have an occasional nap if needed, we log sleep times and regular check in's on a white board next to the rest area. This is monitored by the Room Lead.

All of our Early Years Educators hold full and relevant Paediatric First Aid Training certificates which are renewed every 3 years.

All of our Early Years Educators complete annual online 'Safer Sleeping for Babies' training provided by our Local Authority training provider, as part of our robust staff Safeguarding training programme.

Legislation and Guidance

The following sites give a broad range of information to support safer sleeping for both parents, caregivers and Early Years Educators.

The Lullaby Trust-Raises awareness of (SIDS) and provides expert advice on safer sleep for babies. Offers emotional support for bereaved families.

<https://www.lullabytrust.org.uk>

The Baby Sleep Information Source (BaSIS)-Provides current evidence about infant sleep. <https://www.basionline.org.uk>

The NHS website-Gives succinct information on the causes of (SIDS) and its prevention. <https://nhs.uk>

The baby friendly initiative from Unicef-A universal programme supporting breastfeeding and parent-infant relationships by helping to improve standards of care. <https://www.unicef.org.uk>

The National Institute for Health and Care Excellence-Provides guidance and advice to improve health and social care. <https://www.nice.org.uk>

This policy was accepted at a *Committee Meeting* of *Toddington Childcare and Forest School* held in *March 2026* and will be reviewed annually.

Signed on behalf of *Toddington Childcare and Forest School*

Sarah Malcolm (Chair to the *Parent Management Committee* of *Toddington Childcare and Forest School*)