

# Safe Sleep Policy & Procedure



## Policy statement

At Goldilocks Nursery, we are committed to ensuring all children have adequate rest and sleep to support their development, well-being, and natural rhythms — all within a safe and supervised environment.

We work closely with parents and carers to understand each child's individual sleep needs and home routines, while maintaining strict adherence to safe sleep guidance.

## Aims

- To reduce the risk of Sudden Infant Death Syndrome (SIDS).
- To ensure all staff are trained in and implement safe sleep practices.
- To provide a consistent, safe sleep routine in partnership with parents.
- To ensure the sleep environment meets all safety requirements.

## Key Principles

### **1. Back to Sleep**

- Babies will always be placed on their backs to sleep, unless there is a written medical statement from a doctor specifying a different position.
- Once babies can roll from back to front and back again unaided, they may be allowed to find their own sleeping position.

### **2. Working with Parents**

- At induction, parents will be:
  - Asked about their child's usual sleep routine.
  - Provided with this Safe Sleep Policy on request.
  - Informed of the reasons for our "back to sleep" policy, based on guidance from The Lullaby Trust and NHS.
- If a parent requests a sleep position that differs from our policy, a written note from a GP or paediatrician will be required before this can be implemented.

## Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden and unexplained death of an apparently healthy baby. While the exact cause is unknown, following safe sleep practices can significantly reduce the risk.

We use up-to-date guidance from:

- **The Lullaby Trust** - [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) - 0808 802 6869
- **NHS Sleep Safety Guidance**
- **EYFS 2025 statutory framework**

## Staff Training and Responsibilities

- All staff receive induction training on this policy.
- Regular refresher training is provided to maintain best practice.
- Staff must:
  - Visually check sleeping babies every 10 minutes.
  - Observe breathing, colour, and position.
  - Record checks on a Safe Sleep Monitoring Chart, signed by the person(s) monitoring the sleeping children.
  - Be especially attentive during a child's first few weeks in the setting.

## **Sleep Environment Safety**

We ensure that:

- Babies sleep in a cot or on an approved, flat, firm surface.
- Only one baby is placed in a cot at a time (except in emergencies).
- Cots meet British safety standards, with:
  - Mattress gaps no larger than 4 cm.
  - Cot bar spacing no wider than 6.5 cm.
- Bedding is kept to a minimum:
  - No loose blankets, cot bumpers, pillows, or duvets.
  - We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cribs.
  - Toys and stuffed animals will not be allowed in the child's cot unless it is their comforter.
  - A safety-approved cot with a firm fitting mattress and tight-fitting sheet will be used.
- Babies' heads will never be covered while sleeping.
- No bottles will be left with a baby to self-feed during sleep.
- Each child has individual bedding, washed regularly.
- Comforters (teddies, dummies, muslins) may be used if safe and agreed with parents.

## **Temperature Control**

- Room temperature is maintained at around 18°C (65°F).
- Babies are dressed appropriately to avoid overheating.
- Overwrapping is avoided.
- Sleepwear should be discussed with parents.

## **Sleep Outside of a Cot**

- Babies are not permitted to routinely sleep in car seats, bouncy chairs, or nesting rings.
- If a child falls asleep in one of these:
  - They will be gently moved to a cot or flat surface as soon as it is safe.
  - The situation will be recorded and shared with parents.

## **Tummy Time**

- While babies sleep on their backs, they are given daily supervised "tummy time" when awake, to support motor development and prevent flat head syndrome.

## **Smoking**

- No smoking is permitted anywhere on nursery grounds.
- Staff who smoke must ensure they do not smell of smoke when caring for babies. They must change outer garments and wash hands before returning to work with children.

## **Parental Information**

Staff will discuss individual sleep routines with parents during the settling-in process, to ensure the nursery can meet each child's needs safely and consistently in line with this policy. A copy of the policy is available on request.