

# Safe Sleep Policy

## Policy statement

At Thorney Island 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' sleeping is paramount. Our policy follows the guidance provided by The Lullaby Trust – safe sleep awareness and the NHS sudden infant death syndrome guidance.

[www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-](http://www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-sleep-awareness-for-early-years-settings-booklet.pdf)

[sleep-awareness-for-early-years-settings-booklet.pdf](http://www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-sleep-awareness-for-early-years-settings-booklet.pdf)

<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>



## Procedures

We ensure that:

- Babies are awake when they first arrive at nursery and if they are asleep, the parent will need to wake them before handing them over to a practitioner.
- Babies are always placed on their backs to sleep. When babies initially start to turn over onto their stomach to sleep, we will gently turn them back onto their backs, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep in.
- Babies/toddlers are never put down to sleep with a bottle to self-feed, they will be fed first by a practitioner and then put down to sleep.
- Babies will not be placed on any cushions or pillows to go to sleep.
- Babies are placed with their feet towards the bottom of the bed/cot.
- Babies will not be put into a pushchair or pram to sleep.
- Babies will use either a sleeping bag (provided by parents) or will be covered with a cellular blanket (under the age of one year) which is tucked in to either side of the cot.
- Babies/toddlers are monitored visually when sleeping. When the checks are made the babies & toddlers are physically checked on at least every 10 minutes for breathing. When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the baby, particularly around the lips and fingers
- These checks are recorded on a sleep chart, recording the time and name of the person carrying out the checks. Sleep times will be transferred to the care diary for children under the age of 3 years.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we ensure that this remains between 16 and 20 degrees)
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- providing cots or other suitable sleeping equipment (e.g. mats) that are fitted with a clean sheet for individual children
- Only letting babies sleep in prams if they lie flat.

- Using floor mats and sheets with loose blankets to cover
- Transferring any baby who falls asleep while being fed by a practitioner to a safe sleeping surface to complete their rest time.
- Hoodies, dummy clips and dribble bibs will be removed before sleep.

#### Further information

- During settling in sessions, parents/carers will be asked by the room leader/keyperson about their child's sleep pattern and position. If the child's sleep position is not in line with the nursery policy, the parent will be informed and shown the policy, and it will be explained that we will be using 'back-sleeping.'
- An all about me form will also be completed by the parent/carer explaining about their child's routine, sleep times, length of sleep etc.
- When a parent/carer wishes us to wake a child after a set time, staff will work with parents and offer advice as to what they think is best for the child.
- Any child in the pre-school room that needs a sleep, will have their own sleep mat with a clean sheet and blanket for the duration of their weekly sessions. They will generally be laid down for a sleep after lunch with staff sitting with them until they fall asleep. If after 20-30 minutes they have not fallen asleep, they will be allowed to get up and continue with their play. If a child falls asleep later in the day and parents have requested, they are not to sleep after a particular time, staff will allow the children to sleep for a period of up to 30-45 minutes before trying to gently wake them. Staff will discuss any changes in sleep routines at the end of the day on collection.

This policy was adopted at a meeting of: Thorney Island Nursery

Held on: November 2025

Date to be reviewed: November 2026

Signed on behalf of the committee: \_\_\_\_\_

Name of signatory: \_\_\_\_\_

Role of signatory: \_\_\_\_\_

Manager's signature: \_\_\_\_\_

Manager's name: Karen Theobald