



Home-Grown in Malvern

Safer Sleep Policy

Babies and young children in this setting will always be placed down to sleep safely, with frequent checks and suitable supervision. We follow current safer sleep guidance, work closely with parents and carers, and make sure every child's individual needs are met while keeping them safe. All childcare assistants at the setting are fully aware of, and follow, this safer sleep policy at all times to ensure consistent, safe practice.

Policy statement

The policy reflects current safer sleep advice. As such, babies under 12 months will only be placed to sleep on their backs in a clear, flat, firm, separate sleep space such as a cot whilst in the setting. Sitting devices such as car seats and pushchairs are not suitable for sleep and will not be used. Babies under 6 months will always have an adult in the same room for every sleep.

Safe sleep practices

- Babies under 1 year will only sleep in a cot, or travel cot that meets current safety standards.
- Babies will always be placed on their back to sleep.
- Babies will sleep in their own clear, flat, firm sleep space.
- Sleep spaces will contain only a firm, flat, waterproof mattress and lightweight bedding if used.
- Cot sides will be kept clear of toys, pillows, bumpers, loose blankets, comforters, and other soft items.
- Where babies already use dummies, this will be continued.
- Babies will be placed feet-to-foot when blankets are used.
- Babies' heads will never be covered.
- Babies will not be left to sleep in car seats, pushchairs, buggies, bouncy chairs, swings, or any other sitting device. Where children naturally fall asleep whilst travelling in either a car seat, pushchair or similar they will be moved to a flat sleep surface as soon as possible.
- Babies will not be placed on soft surfaces, sofas, cushions, bean bags, or beds and left to sleep.
- Room temperature will be monitored so babies do not become too hot or too cold.

Supervision and checking

- All sleeping children will be checked frequently in person in accordance with risk assessments and routines.
- Checks will include breathing, colour, temperature, position, and general wellbeing.

- Sleeping children will always be within sight and hearing when possible and appropriate. We use a video baby monitor/baby monitor to observe older children who are sleeping in another room.

Individual needs

- We will ask about your child's usual sleep routines, comforters, settling methods, and health needs. If your child has any additional needs or medical advice that affects sleep, please discuss this with us so we can agree a safe plan within the boundaries outlined by the EYFS and Lullaby Trust.
- Babies or children with health conditions, developmental needs or medical advice affecting sleep will have an individual plan agreed with families and, where needed, other professionals.

Bedding and clothing

- Sleep clothing will be suitable for the room temperature and the child's age.
- Bedding, if used, will be light and not over-warm.
- Hats, hoods, and bulky clothing will be removed for sleep.
- Sleeping bags will be used only if they are the correct size and used according to the manufacturer's guidance.
- Cots and bedding will be checked before use to make sure they are clean, safe and in good condition.

Sleep environment

- The sleep area will be calm, clean, and free from hazards.
- Cords, blinds, heaters, radiators, and other potential risks will be kept away from sleep spaces.
- Smoke-free surroundings will be maintained.
- We will ensure that current safer sleep guidance, including having regard for British Safety Standards for sleep products, is followed at home and during outings, visits, and off-site care where sleep may occur. This includes the following:
 - Babies aged 12 months and under must only be placed to sleep in a cot. 'Cot' refers to cots, carrycots, Moses baskets, and travel cots.
 - Children aged over 12 months must be placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed, or suitable mattress on the floor.
 - We will aim to keep temperature in rooms where babies sleep between 16 and 20° C, in accordance with current safer sleep guidance.

Recording and communication

- Parents and carers will be told how their child sleeps and any concerns or changes in routine.
- Sleep checks, incidents, and any unusual events will be recorded as required by safeguarding and health and safety procedures.
- This policy will be shared with parents and carers and followed consistently.

Current guidance

You can find further details about the current guidance for safer sleep here: [Help for early years providers: Safer sleep Sudden infant death syndrome \(SIDS\) - NHS Safer sleep information](#) | [The Lullaby Trust Child safety: baby sleep products - GOV.UK](#)

Review

This policy will be reviewed at least annually, and sooner if safer sleep guidance changes or if any incident suggests a review is needed.

This policy should be read in conjunction with the Health and safety policy. Please refer to this policy for further information.

Signed:

Date: