

Sleeping Children Policy.

3.84 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk). Practitioners should read NHS advice on safety of sleeping babies: Reduce the risk of sudden infant death syndrome (SIDS) - NHS (www.nhs.uk).

EYFS Statutory Guidance. Pg. 40 (Sept 2025)

Our policy for Sleeping children is:

We believe:

Children are often very busy and active whilst at the nursery and often become very tired and need time to relax or sleep. We will ensure children's individual's needs are met and that children are given the space and time they need to rest. Although we try to work with parent's interest at heart, we will allow children to sleep if they are tired. Key person's knowledge of individual children will be used and children's routines will be followed.

Our Procedures for sleeping children are:

We support this by:

- On induction parents will talk through any sleep routines with their individual key person.
- The child's key person will give the child one to one during them going to sleep and will follow the routine discussed during settling.
- Sleep routines as discussed by the parents will be followed, however if a child is tired at any point in the day they will be allowed to sleep.
- Children can bring in dummies to help with sleep times
- Children will be allowed to sleep without interruption.

- Babies and children will be placed down safely to sleep. For children under 2 years we will ensure the following:
 - Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 1 year and under will only be placed to sleep in a cot.
 - Sleep spaces will only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering.
 - Where blankets are used, the child is placed feet-to foot at the bottom of the mat/cot with blankets tucked in.

- Cots/mats will not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Childrens heads will not be covered.
- The room temperature will be monitored to ensure it is not too hot or too cold, ideally maintaining between 16-20 degrees centigrade. Where a room is overly hot or cold, staff will take all efforts to bring the room to the correct temperature using fans in the summer or heaters in winter.
- All children will be checked regularly, there will always be an adult within sight or hearing of all children.
- All staff will read the NHS advice on Sudden Infant death Syndrome regularly.

See website for further guidance on safe sleeping

[Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sudden-infant-death-syndrome/)

[Safer sleep information | The Lullaby Trust](https://www.lullabytrust.org.uk/Safer-Sleep-Information/)