



Safe Sleep Policy

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Owner: Nursery Operations Team

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Policy statement

Sudden Infant Death Syndrome (SIDS) or Sudden Unplanned Death in Infancy (SUDI) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's clinical history. Safe sleep practices reduce the risk of SIDS/SUDI and the spread of contagious diseases.

Procedures

In order to maintain safe sleep practices these policies and procedures will be followed:

- Healthy infants under the age of one will always be put to sleep on their backs. Side and front sleeping is not as safe as back sleeping and is not recommended. Putting an infant on their back does not cause them to choke or aspirate. If a child rolls over themselves whilst they are sleeping they will be left to find a comfortable position themselves, and monitored for the duration of their sleep.
- If an infant has evidence of a medical condition which results in them being unable to be placed on their backs to sleep, this will be documented on their healthcare plan and agreed on a case by case basis with the setting and parents/carers.
- Infants will always be placed in the 'feet foot' position where their feet are up against the foot of the cot.
- Children will be put to sleep in a cot or sleep mat on a firm surface. Infants under 12 months will only be put to sleep in a cot. Coracles will not be used for infants under 12 months.
- If an infant falls asleep in anything other than a cot or mat the practitioner will assess the safety of the position and act on it appropriately.
- Infant's heads will never be covered with anything whilst sleeping.
- The room temperature, where possible, will not exceed 24 degrees Celsius. All appropriate measures will have been taken, during warmer weather months to reduce the room temperature e.g. limited bedding and clothing for the children, windows opened and fans used to cool the room down.
- The layers placed on an infant will be adjusted according to the room temperature.
- Parents that provide a sleep bag for their child must check the manufacturers guidelines for suitability. Sleep bags must be well fitting and not pose any risk of the child sliding down into the bag.
- Only one infant will be placed in each cot.
- Visual checks are carried out before the infant is laid to sleep to ensure that there isn't anything inside their mouths or around their cot/bed that could be a choking hazard

- Infants have regular visual breathing and temperature checks to ensure their safety whilst sleeping.
- All infants are given breathable, cellular blankets which are used solely for their use and are laundered weekly.
- Children must always be within sight and hearing of a staff member, this may be in the same room or via a baby monitor with camera. All children who are asleep are checked at least every 10 minutes which is recorded on Famly.
- All possible choking hazards are removed from a child before they go to sleep. These include: dummy clips, hair slides, hair ties and bibs.
- All staff will complete a 'Safer sleep' course and read the NHS SIDS advice.

Our nurseries will work with families, where possible, to ensure children's regular sleep routines are adhered to. However, we ask parents to be mindful that this may not always be possible. For example, when a child returns to nursery, following a period of illness or if they have had a disturbed nights sleep.

Document history

Date	Version	Section	Details	Reviewed by
10/11/2025	1.0		Creation of new policy	LE
10/08/26	1.1		Added updates from changes of Statutory Framework	LE