



Safer Sleep Policy

Purpose

At BEYA, we recognise that sleep is essential for children's health, wellbeing and development. We are committed to providing a safe sleeping environment for all babies and young children in our care and to reducing risks associated with unsafe sleep practices.

Aims

To provide a safe sleeping environment, follow current safer sleep guidance, work in partnership with parents, ensure staff are trained, and monitor sleeping children appropriately.

Roles and Responsibilities

All staff, students and volunteers are expected to follow this policy. Leaders are responsible for ensuring appropriate training, monitoring compliance and reviewing practice.

Safe Sleep Arrangements

Children under two years will be placed on their backs to sleep unless a documented medical reason states otherwise. Children will sleep in their own individual sleep space on a clear, flat and firm sleeping surface appropriate to their age and stage of development. Sleep spaces will be kept free from hazards and inappropriate bedding.

Additional Safe Sleep Requirements

For babies aged 12 months and under:

- Babies will only be placed to sleep in a cot, travel cot, carrycot or Moses basket that meets current safety standards.
- Babies will always be placed on their back to sleep in their own separate sleep space.
- Sleep spaces will contain only a firm, flat, waterproof mattress and appropriate lightweight bedding.
- Where blankets are used, they will be firmly tucked in below the child's shoulders and the child will be positioned feet-to-foot at the bottom of the cot.
- Alternatively, a well fitted baby sleep bag may be used in accordance with the manufacturer's guidance.
- Cots and sleep spaces must not contain toys, pillows, loose bedding, cot bumpers, wedges, straps or any other items that may present a risk.
- Staff will ensure that babies do not become too hot or too cold. The recommended room temperature for babies is between 16°C and 20°C.
- Children's heads will remain uncovered at all times.

All sleeping children must remain within sight and hearing of staff and will never be restrained in any way.

Temperature and Clothing

Children will be dressed appropriately for the room temperature. Hats, hoods and outdoor clothing will be removed before sleep. Staff will monitor children to ensure they do not become too hot or too cold.

Supervision of Sleeping Children

Sleeping children remain under the direct supervision of staff at all times. Staff carry out regular visual checks and monitor children's breathing, colour, comfort and overall wellbeing. Although CCTV is present in some sleep areas, it is not used to monitor sleeping children and does not form part of our supervision arrangements.

Children Arriving Asleep

Children must arrive at nursery awake and be handed directly to a member of staff. Parents and carers should wake children before entering the nursery and children should not be handed over asleep in a pushchair, buggy or car seat. This enables staff to undertake an appropriate handover and wellbeing check.

Sleep Checks

Staff will undertake and record sleep checks at least every 10 minutes. Checks will include observation of breathing, colour, body movement, comfort and temperature. Any concerns regarding a child's wellbeing will be acted upon immediately.

Unexpected Sleep

If a child falls asleep unexpectedly, including in a buggy, pushchair, car seat or whilst being comforted by an adult, staff will move the child to an appropriate sleep space as soon as it is safe to do so. Children will not be routinely left to sleep in buggies, pushchairs or car seats. Any child who falls asleep unexpectedly will remain under close supervision and parents will be informed where appropriate.

Individual Risk Assessments

Where a child has a medical condition, disability or specific sleep requirement, an individual risk assessment will be completed in consultation with parents and, where appropriate, health professionals. Agreed arrangements will be documented and shared with relevant staff.

Partnership with Parents

Parents will be asked about their child's sleep routines, sleep patterns and any relevant health information when they join the nursery. The nursery will share its safer sleep expectations and procedures with families.

Training

Staff working with babies and young children will receive safer sleep guidance as part of induction and through regular updates and professional development.

Monitoring and Review

This policy will be reviewed annually or sooner if legislation, guidance or local procedures change.

Related Policies

Safeguarding and Child Protection Policy, Health and Safety Policy, CCTV Policy, Intimate Care Policy and First Aid Policy.

Review Frequency: Annual

Reviewed: July 2026