



Safe Sleeping Policy

EYFS Legal Requirement:

Sleeping children must be frequently checked (3.59 pg 28)

Every Child Matters Outcome: Staying Safe

This policy applies to

1. Early Years Register (EYR)
2. Childcare (CR)

St Bede's Childcare Ltd adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

The safety of babies sleeping is paramount in the nursery and we promote good practice and ensure that we work in partnership with the parents.

To ensure good practice, all staff will follow the points below:

- Cots, blankets and bedding will be provided by the nursery for each child and will be washed at the end of the week, or more often if soiled. These will be kept in a bag clearly labelled with their name.
- Cots and mattresses have been purchased through a reputable company that only supply equipment that carries the appropriate quality kite mark. All mattresses will be covered with a fitted sheet.
- Only one child will sleep in the cot at any one time
- The infants/child's face or head will not be covered by any blanket or bedding, parents can also provide a sleep pod for their baby should they wish to.
- On admission to the nursery, parents will give details on which pacifiers their child has, how they like to sleep and for how long. Staff will take into consideration that a child's routine may change and will discuss this with the parent at each given time.
- When a child is put in the cot, they will adopt the "back to sleep" position with their feet at the base of the cot and on their back.
- All children will be checked on a regular basis whilst sleeping, with times of sleeps being documented on sleep charts.
- No wedges or sleep positioners will be used when a child is sleeping.



- All staff to ensure that daily “tummy time” is encouraged for the children to develop their head and neck muscles.
- As children get older, they will be placed to sleep on sleep mats which are placed so children are lying head to foot to prevent cross contamination
- If children arrive at the Nursery sleeping, either in a car seat or a pram, then outdoor clothing will be removed and they will be moved to either a cot or a sleep mat to continue with their sleep.
- Parents may request to reduce or remove a child’s sleep, and we will comply with parents’ wishes where possible. However, as child care professionals, we reserve the right to view each child’s needs individually and if we feel that a child really needs a rest, we will enable them to have one.

All parents will be reminded of these procedures on their child’s settling in visits.

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