



## Safer Sleep Policy

Date policy was adopted: 17.08.2026

Date last reviewed: -

Frequency of review: Annually

At **The Duckling Nursery** we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies and children sleeping is paramount. Our policy follows the advice provided by the DfE, the Lullaby Trust and NHS<sup>1</sup> to minimise the risk of sudden unexpected death in childhood (SUDC) in children over 12 months of age.

We make sure that all children are placed down to sleep safely, with every practitioner reading the NHS advice on sudden infant death syndrome (SIDS)<sup>1</sup> and being made aware of the safer sleep guidance from The Lullaby Trust<sup>2</sup>.

### When placing children to sleep staff will:

- Staff follow settling techniques discussed with parents, such as light patting or rubbing of the child's tummy, reading them a story or stroking their hair. **Staff do not cuddle or rock the children to sleep.**
- Staff will monitor the time the children fall asleep and record when they are due to wake up/ or record the time they wake up on the safe sleep tracker in the nursery.
- Children are placed down on their back in their own separate sleep space on a clear, flat, firm mattress on the floor.
- This area is clear tidy and fenced off to stop the other children from entering the sleep space.
- We place children down on their backs to sleep, and allow them to find their own comfortable position, ensuring their faces are not covered.
- Children are never put down to sleep with a bottle to self-feed
- Children are monitored visually when sleeping by looking for the rise and fall of their chest and if their sleep position has changed, this takes place every 15 minutes and is recorded on the safe sleep tracker in the nursery.
- Children are always within sight and hearing of staff when sleeping.

### Sleeping environment

We provide a safe sleeping environment for all children by:

- Ensuring every child has their own separate sleep space
- Only using suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm flat mattress on the floor.
- Using a firm, flat waterproof mattress, a clean fitted sheet and lightweight bedding
- Ensuring every child is provided with clean bedding, labelled for them, working in partnership with parents to meet any individual needs
- Ensuring children are appropriately dressed for sleep to avoid overheating

<sup>1</sup> <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>

<sup>2</sup> <https://www.lullabytrust.org.uk/>

- Ensuring blankets are tucked in under the child's armpit and at their feet. This shouldn't restrict the child from moving. If the bedding moves, ensure the child's head is not covered.
- Ensuring no extra items such as toys, pillows, extra blankets, bumpers, wedges or straps are used. We will use sleep comforters for babies and children over 12 months only and follow The Lullaby Trust advice regarding the safe use of dummies while children are sleeping<sup>3</sup>
- Keeping all spaces around cots and beds clear from hanging objects, i.e. hanging cords, blind cords, drawstring bags
- Monitoring the sleep room temperature and ensuring it remains between 16-20°C at all times, where possible
- In extreme heat ensure fans are placed within the sleep area to ensure children do not overheat.
- In extreme heat children will be monitored more closely and additional checks will be made.
- Children are always within sight or hearing of staff when sleeping and are checked every 15 minutes. This check is recorded on the Safe Sleep Tracker in the nursery.

### Further considerations

- We will transfer any child who falls asleep while being cared for by a practitioner to a safe sleeping surface to complete their rest
- We will not transfer a child who is brought into nursery while sleeping, all children will need to awake when entering the nursery setting.
- Any child who falls asleep in a buggy, pushchair while out on a visit will be transferred to a safe sleeping surface to complete their rest on their return to the nursery; coats, hats, extra clothing and blankets will be removed as soon as they are inside, even if this means waking them
- We have a No smoking/vaping policy which includes the requirement for staff to change their clothes and wash their hands after smoking/vaping. after smoking/vaping before holding babies or children, even with a change of clothes.

We ask parents to discuss their child's sleeping routine with their key person when starting at nursery; this is reviewed and updated at timely intervals.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep unless requested by the parent.

Individual sleep routines are followed rather than having one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights, pulling the blinds. If all children are learning within the nursery due to weather conditions, we encourage the remainder of the children to engage in calmer activities to provide the best environment possible but will maintain the needs of the children who do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors.

Staff will discuss with parents any changes in sleep routines at the end of the session and share observations and information if they do not receive enough sleep.

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<sup>3</sup> <https://www.lullabytrust.org.uk/baby-safety/baby-product-information/dummies/>

