



Senior Manager & Nominated Individual: Miss C Bates

Initial Policy date	September 2025	Next scheduled review	October 2027
Nursery Governor approved	September 2026	Key person/people	NI/ Rotherly Senior Manager

Safe Sleep Policy

Rest and sleep serve different purposes in a child's daily routine. Rest refers to periods when the body is relaxed and relatively still, while the mind remains alert and engaged with the surrounding environment. Sleep, in contrast, is a deeper state in which both the body and brain undergo restorative changes, allowing for physical recovery and mental rejuvenation.

Not having sufficient sleep can have a significant, negative impact on children's development, for example:

- Difficulty in concentrating and learning
- Difficulties in managing feelings and emotions
- Impulsivity / difficulty in self-regulating
- Spatial awareness affected
- Difficulty in processing and remembering information
- Immune system may not be effective
- Higher chance of becoming overweight

Sudden Infant Death Syndrome (SIDS) 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 medical history.

At Rotherly Day Nursery we will follow the below steps to ensure safe sleep practices are followed:

- Colleagues must check all sleeping children at least every 10 minutes. The colleague checking the children will visually check on the child; looking for the rise and fall of the vest and if the sleep position has changed. These checks will be recorded on the sleep chart and initialled by the member of staff undertaking the check.



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- Babies may not sleep in a nesting ring, car seat, bouncy chair, or pram/push chair etc.
- Babies may only sleep in prams if they lie flat and we have permission from the parent and if a risk assessment is in place.
- Babies who fall asleep while being nursed by a practitioner will be transferred to a safe sleeping surface to complete their rest.
- Children under 2 years old must be 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 must only be placed to sleep in a cot.
- Sleep spaces for children aged under 2 years old should 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. Alternatively, a well fitted baby sleep bag may be used. This includes no comforters, once a child is asleep these must be removed.
- Where blankets are used for children aged under 2 years old, the child must be placed feet-to-foot at the bottom of the cot, with blankets tucked in.
- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children aged under 2 years old should not get too hot or cold. The recommended room temperature for babies is 16 – 20°C. A wall thermometer will be in the sleep room at all times and must be monitored by colleagues and recorded on the sleep checks document.
- Children's heads must not be covered.
- Children under six months of age must always have an adult with them in the same room for every sleep.
- All children are always within sight and hearing of staff when sleeping.
- Children/babies must be on a firm flat surface when sleeping. If a child/baby falls asleep in an inclined buggy/pushchair/car seat they must be transferred to a firm flat surface straight away.