



Senior Manager & Nominated Individual: Miss C Bates

Initial Policy date	September 2025	Next scheduled review	October 2026
Resource and Nursery Governor approved	September 2025	Key person/people	NI/ Rotherly Senior Manager
Model policy		Model localised	

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:

- Babies must be placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation. Please discuss with your key person your preference when the baby turns onto his\her side or stomach.

- Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy of the waiver will be placed in the baby's sleep area. If the child is under 6 months of age, this waiver must be signed by the child's doctor; a parent's signature is accepted for children over the age of 6 months.
- Visual supervision is required at all times. At least every 10 minutes the key person or any member of staff 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.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping.
- Babies may not sleep in a nesting ring, car seat, bouncy chair etc.
- Babies may only sleep in prams if they lie flat and we have permission from the parent.
- Every baby and toddler is provided with clean bedding labelled for them and the nursery work in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home.
- Babies who fall asleep while being nursed by a practitioner will be transferred to a safe sleeping surface to complete their rest.