



7.13. Parent & Carers – Safer Sleep

At **Tarvin Pre-School & Day 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 children sleeping is paramount. Our policy follows the advice provided by the DfE, the Lullaby Trust and NHS¹ to minimise the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and 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)¹ and being made aware of the safer sleep guidance from The Lullaby Trust².

Sleeping environment

We provide a safe sleeping environment for all children by:

- Ensuring every child has their own separate sleep space
- Only using safety-approved suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm flat surface such as a bed or mattress on the floor.
- Using a firm, flat waterproof mattress, a clean fitted sheet and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering
- 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
- Ensuring children's heads are not covered

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

² <https://www.lullabytrust.org.uk/>

- We will use sleep comforters for children over 12 months only and follow The Lullaby Trust advice regarding the safe use of dummies while children are sleeping³
- Keeping all spaces around 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
- Ensuring children are always within sight and hearing of staff when sleeping, and are checked every 10 minutes; we will use a baby monitor to enable the sleeping children to be seen and heard at all times

We have a set sleeping time for all children requiring sleep. We have found through experience that children who are put down during the first half of the morning actually do not need a sleep and can take upto 40 minutes for a member of staff to settle them down for a 30 minute sleep. Also children sleeping during the early part of the session are missing out on a range of activities particularly outdoor walks. Children who are required to sleep before lunch affect lunch time routines and it is not safe to keep lunches warm for periods of time.

As this setting does not take babies who sleep often throughout the day, we find it our toddlers manage better with a short nap to recharge their batteries after their lunch. If however, a child is falling asleep and appears tired at any other time, we will of course settle them down for an earlier nap.

Staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

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