

# Safe Sleep Policy – Baby Room (9 months–2 Years)

## Policy Statement

This Safe Sleep Policy sets out how we ensure that all children aged 9 months–2 years are provided with a safe sleeping environment in line with the **Early Years Foundation Stage (EYFS)** statutory framework and the guidance of **The Lullaby Trust**. Our aim is to reduce the risk of sleep-related accidents and Sudden Infant Death Syndrome (SIDS) by following best practice at all times.

This policy applies to all staff, students, volunteers, and visitors involved in the care of children in the baby room aged 9–24 months.

## Legal and Guidance Framework

- Early Years Foundation Stage (EYFS) Statutory Framework
- The Lullaby Trust: Safer Sleep Guidance
- Health and Safety at Work Act
- Provider Safeguarding and Welfare Requirements

## Safe Sleep Environment

To ensure a safe sleep environment, the nursery will:

- Provide a **firm, flat mattress** that fits the cot or sleep space correctly.
- Use **cots or approved low-level sleep beds** that meet British safety standards.
- Ensure sleep spaces are **clear of hazards**, including cords, blind pulls, and electrical items.
- Maintain a **comfortable room temperature** (generally between 16–20°C).
- Ensure the room is well ventilated.

The following must **never** be placed in a child's sleep space:

- Pillows, duvets, quilts, cot bumpers
- Loose blankets (unless tightly tucked below shoulder height)
- Soft toys or comforters (except a small comfort item if required for sleep and agreed with parents following risk assessment)

## Sleep Positioning

- All children will be placed **on their backs to sleep**.
- If a child is able to roll independently, they may choose their own sleep position once asleep.
- Children must **never be placed to sleep on sofas, armchairs, or cushions**.

## Bedding and Sleepwear

- Children are encouraged to use **appropriate sleep bags** suitable for their age and size, with no hoods and correct tog rating.

- If blankets are used, they must be **lightweight, breathable, and securely tucked** with the child's feet at the foot of the cot.
- Children will not wear hats, bibs, or hooded clothing while sleeping.

### **Individual Sleep Needs**

- Each child's sleep routine will be discussed with parents/carers and documented.
- Any medical or cultural sleep requirements will be followed only where they do not compromise safe sleep guidance.
- Written guidance from a health professional will be required for any deviation from standard safe sleep practice.

### **Supervision and Monitoring**

- Sleeping children will be **checked at regular intervals** in line with nursery procedures and EYFS requirements.
- Every ten minutes staff will visually check breathing, sleep position, and general wellbeing.
- Sleep checks will be recorded in accordance with nursery policy.

### **Staff Responsibilities and Training**

- All staff working in the baby room will receive **regular training** on safe sleep practices.
- Staff must follow this policy at all times and challenge unsafe practice.
- The room leader is responsible for monitoring compliance with this policy.

### **Illness and Sleep**

- Children who are unwell will be monitored more frequently.
- Any concerns about a child's breathing, temperature, or wellbeing will be acted upon immediately and reported to a senior member of staff.

### **Partnership with Parents and Carers**

- Parents/carers will be informed of our safe sleep practices on admission.
- We will work in partnership with families to ensure consistency between home and nursery where possible, while always prioritising safe sleep guidance.

### **Review of Policy**

This policy will be reviewed:

- Annually
- Following any updates to EYFS or Lullaby Trust guidance
- After any sleep-related incident or near miss