

Safer Sleep Awareness

Room temperature
between 16 - 20°C

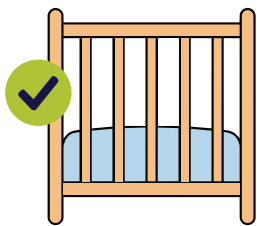
Use a room thermometer in the
rooms where the baby sleeps.



Safer Sleep Guidance for Our Day Nursery - EYFS - September 2026

Before every sleep

- Always place babies and children on their back to sleep.
- Every child must have their own separate sleep space.
- Sleep surfaces must be firm, flat, clear, waterproof mattress and in good condition.
- Check the child is comfortable, not too hot and dressed appropriately for the room temperature.



Babies under 12 months

Must

- Sleep only in a cot (including a compliant travel cot, Moses basket or carry cot).
- Sleep in a cot that meets current British Standards.
- Be placed down on their back.

Must not sleep in

- Floor beds
- Coracles
- Sleep pods
- Beanbags
- Cushions
- Sofas
- Adult beds



Children 12-24 months

Children under two years must sleep:



On a firm,
flat surface

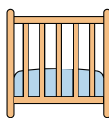


In their own
sleep space

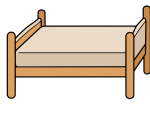


Free from
hazards

Suitable sleep spaces may include:



Cot



Toddler bed



Suitable floor
mattress (where
appropriate)

Keep the sleep space clear

The sleep area
should contain
ONLY:

Lightweight
blanket tucked
firmly below
shoulder height

or

Correctly fitted
sleep bag
suitable for the
child's age and
weight

Never place in the sleep area



Pillows



Cot
bumpers



Duvets or
quilts



Soft toys



Cushions



Positioning
aids



Loose
blankets
around
the face



Nests or
sleep
pods

On arrival at nursery

We do not accept any child who is asleep

Parents must rouse them
before they can be handed
over and signed into the
nursery.

Nursery walks

If a child falls asleep in a
pushchair during a nursery
walk, they will be transferred
straight into a cot as soon as we
return to the nursery.

Dummy (Pacifier) use

- Using a dummy during sleep may lower the risk of SIDS.
- Offer at every sleep (including naps) if parents/carers use one.
- Do not force or replace if baby spits it out.
- If it falls out during sleep, do not wake baby. Offer again if baby wakes.
- Do not use a neck cord.
- Do not coat the dummy with something sweet.

Mattresses in your early years setting

- Check the mattress is firm, flat and in good condition (no rips, tears or sagging). Use a waterproof cover, wipe with anti-bacterial spray and a freshly washed sheet.
- Record when new mattresses are bought (e.g. sticker on underside).
- Ensure the mattress fits the cot well.

Ask how the baby sleeps at home and follow their usual
safer sleep routine.

Supervision in our nursery

For babies older than six months, sleep supervision could be a member of staff being present in a dedicated sleep room whilst the babies sleep, or frequent monitoring by members of staff.

Children should always be within sight and hearing of staff when sleeping.

Our nursery sleep practice

- We follow our Safe Sleep Policy and EYFS guidance.
- We provide calm, quiet sleep environments.
- We work with parents to meet each child's sleep needs.
- We carry out and record regular sleep checks.
- We regularly review our safe sleep practices.

**Our Day
Nursery is
committed to
providing a safe,
nurturing and
high quality
environment.**

Swaddling

- Always place baby on their back.
- Use thin swaddling materials.
- Stop swaddling (arms in) when baby shows signs of rolling.
- Do not overdress. Head uncovered. No infection or fever.
- Use room thermometer (16–20°C).
- Swaddle securely below shoulders.
- Check temperature regularly. Don't use blankets over a swaddled baby.
- Keep hips loose to allow natural movement.

