Safer Sleep Policy

Hove Village Day Nursery Ltd RP905848

Applies to:

Bloomsbury on the Beach (Ofsted ID: 2739436)

Bloomsbury Street Day Nursery (Ofsted ID: 2677115)

Hove Village Day Nursery Ltd (Ofsted ID EY492059)

Hove Village Preschool Nursery at Hove Library (Ofsted ID:2524856)

Primary person responsible for the implementation and monitoring of this policy:	Head of Nursery, Nazish Usman, Georgina Stanley
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1. Scope and Application

1.1 This policy applies to: **Hove Village Day Nursery Ltd RP905848**

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1.1.1 This policy covers all employees, including directors, apprentices, casual workers, whether on permanent or temporary contracts (collectively '**staff**'). This policy does not form part of any contract of employment or consultancy agreement and Hove Village Day Nursery Ltd may amend it at any time. This policy does not include agency workers, consultants or contractors except where otherwise stated.

2. Policy Aims

2.1.1 At Hove Village Day Nursery Ltd, we recognise the critical role of sleep in supporting children's emotional well-being, cognitive development, and physical growth. Quality rest is essential to children's overall health and development.

2.1.2 We are committed to creating a safe, nurturing, and responsive sleep environment, in partnership with parents and carers, and in line with guidance from:

- The Lullaby Trust
- NHS Safer Sleep Advice
- NHS Bottle Feed Guidance
- EYFS Statutory Framework (Revised September 2026)
- Local Safeguarding Procedures

2.1.3 The safety of every baby and child is paramount during sleep and rest periods.

Safe Sleep Practice

2.1.4 To reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related risks, we adhere to the following evidence-based practices

2.1.5 SIDS is the sudden unexpected death of a baby where no cause is found. Whilst it is uncommon, there are some factors that can increase a baby's risk of SIDS. These include:

- being born prematurely (before 37 weeks)
- low birthweight (less than 2.5kg or 5.5lb)
- exposure to smoking in pregnancy
- sleeping with babies and children on sofas or chairs

Before sleep/rest:

2.1.6 Staff ensure that:

- The child has had a fresh nappy and is clean and comfortable.
- Outer clothing (thick coats, cardigans, hoods, etc.) is removed to avoid overheating.
- Where children are offered a drink/feed prior to sleep they should be placed in an upright position with a member of staff present. Children should not be left alone with any bottles.
- Bibs and hoods are removed prior to sleep.
- The room temperature is appropriate (ideally 16–20°C), with thermometers used to monitor this.
- The room is well ventilated with good air flow
- Soft lighting, white noise, or gentle lullabies may be used to create a calm environment.
- Cots/mattresses and cribs will be in line with the British standards.
- No coracles for any children at all in the settings.
- Under 2's should be placed on their backs when sleeping
- The safer sleep risk assessment will be completed before the sleep and when the sleep room is being prepared.
- Babies and children who show signs of being sleepy whilst eating must be safely transitioned to their own separate sleep space. Before transitioning, ensure there is no food in the child's mouth and offer a drink of water where possible.

3. During sleep:

- Children are provided with individual, clean bedding. Bedding with breathable fabric to keep children and babies cool. Mattresses MUST be cleaned after each use.

- Babies and children are always placed on their back to sleep, once babies can move from their back to their front and back again by themselves, they can find their own sleeping position
- Children/babies will be placed in the "feet to foot position" with their feet touching the end of the cot
- Mattresses will be placed alongside each other in alternating head to toe position.
- Babies aged 12 months and under that fall asleep whilst travelling must be transferred to their cot once they return to the setting. NHS guidance states that hats and extra clothing should be removed as soon as you come indoors or enter a car, bus or train, even if it means waking the baby.
- Children aged over 12 months that fall asleep whilst travelling should, where possible, be transitioned to their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor upon return. A lie-flat pram or lie-flat pushchair should not be their main separate sleep space. Coats, hats and blankets should be adjusted to prevent overheating.
- If a baby or child arrives asleep in a car seat, they must be transferred to their separate sleep space as soon as they arrive to the setting.
- Babies aged 12 months and under must only be placed to sleep in a cot - this includes carrycots, moses baskets and travel cots.
- Sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in and around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used (check the manufacturer recommendations before using a baby sleep bag)
- Comforters may be used to help settle babies/children over 12 months and then must be removed once children are asleep.
- Dummies may be used to help settle babies/children of all ages.
- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children are not left to cry alone—staff respond promptly to soothe and comfort.
- Babies and children are regularly monitored and checked visually every 10 minutes by placing a hand gently by the mouth to feel the breath, watching for rise and fall of ribcage, gently placing hand on back to feel movement and checking for normal breathing, colour, position, temperature and overall well-being. It then gets recorded on Famly app
- Staff ensure no blankets, muslins, or items cover a child's face or head at any time and no loose blankets. Where blankets are used, the child must be placed feet to foot at the bottom of the cot with blankets tucked in.
- No child under 2 and especially those under six months will be left to sleep alone

- All Children are always within sight and hearing of staff when sleeping

4. **Parental Preferences & Sleep Restrictions**

4.1 We value working in partnership with parents and will always discuss sleep routines during settling-in sessions and ongoing key-person meetings.

- We will never physically prevent sleep (e.g. Keeping the child upright).
- Children who do not wish to sleep will never be forced to. Instead, they will be offered quiet and calm activities during rest time.

5. Waking Children Gently

- If parents request a maximum sleep time, we will attempt to wake the child gradually and respectfully
- Lights may be gently brightened.
- Blankets may be lightly removed.
- Soft verbal prompts or the child's name may be used.
- Children are never physically woken by lifting or shaking. Instead, try gently rubbing their collarbone.

5.1 We aim to allow children to wake naturally, where possible, to prevent distress and ensure emotional security.

6. Additional Safeguarding Measures

- Staff are trained in safe sleep practice during induction and updated as part of regular safeguarding and health & safety training.
- Sleep areas are regularly cleaned and inspected for hazards.
- All sleep equipment is BS EN compliant (British Standards) and in good condition.
- A Designated Safeguarding Lead (DSL) is notified of any incidents, injuries, or concerns during sleep.
- All staff must read and understand the guidance and policy
- Sleeping children should be supervised by 2 staff members, in circumstances where this is not possible a risk assessment must be in place.