

Safer Sleep Policy



Approved by: Nazmon Hannan

Last reviewed on: March 2026

Next review due by: March 2028



Policy Statement

At Jan Pre School and nursery, children's safety and well-being are at the heart of everything we do. We understand that sleep is essential for babies' growth, development and emotional security. We are committed to providing a safe, calm and nurturing sleep environment that follows current best-practice guidance and meets the requirements of the Early Years Foundation Stage Statutory Framework. We follow the safe sleep guidance promoted by the National Health Service (NHS) to reduce the risk of sudden infant death syndrome (SIDS).

This policy aligns with EYFS requirements for safeguarding and promoting children's welfare. Under the [Early Years Foundation Stage statutory framework 2025](#), nurseries must ensure that they provide a safe, comfortable and appropriate sleep environment that supports children's health and wellbeing.

This policy applies to all staff, students and volunteers.

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby where no cause is found. The vast majority of SIDS deaths happen when babies are less than 6 months old, with the highest number happening at 2-4 months old. There is no advice that guarantees the prevention of SIDS, but parents and carers should be informed that by following advice, it is possible to lower the chance of this tragedy occurring.

It is important to remember that SIDS can happen at any time, not just at night, so the advice given in this procedure should be followed for all sleep periods.

Further information regarding SIDS can be found [here](#).

Our Safer Sleep Practice

- Babies are always placed on their backs to sleep.
- If a baby can roll independently, we will continue to place them on their back initially and allow them to find their own position.
- Any alternative sleep position must be supported by written medical advice.
- All new staff are trained on our safer sleep policy at induction.
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Sleep Environment

We ensure that:

- All children, including babies, sleep on a firm, flat mattress that is covered with a clean fitted sheet.
- Provide clean and light blankets to ensure children are appropriately dressed for sleep to prevent overheating.



- Ensure beds remain uncluttered by removing soft toys, pillows, and any objects that can block a baby's airway.
- All areas around beds are clear of hanging objects, e.g. hanging blind cords and drawstring bags.
- Each child has their own allocated clean bedding, which is washed at a minimum of weekly.
- Bibs, hats and outdoor clothing are removed before sleeping.
- Room temperature is monitored and maintained between 18-20 C where possible.
- The floor on which the sleep mats are placed is cleaned daily and inspected before the mats are laid out.

Supervision and Monitoring

- Sleeping children are within sight and/or hearing of staff at all times.
- The manager carries out sleep checks using our CCTV to monitor the children while they are sleeping. If the manager is off-site, a member of staff will be in the room to conduct sleep checks.
- During checks, all staff look for:
 - Normal breathing
 - Comfortable temperature
 - Safe position
 - Clear airway

Partnership with Parents

We share safer sleep information with families and encourage safe sleep practices at home.

- Parents/ carers must share accurate sleep routines and preferences for their child on enrolment and update as needed.
- Key person/ manager must explain this policy to parents and provide safer sleep guidance and resources.
- If a parent requests an alternative sleep arrangement for medical reasons, written advice from a health professional must be provided.
- The nursery maintains open and ongoing communication with parents regarding their child's sleep patterns, informing them of sleep times, duration, and any concerns and works collaboratively to ensure the child's safety, well-being, and comfort at all times.