



Safer Sleep Policy

Alongside associated procedures in 06.1-06.10 Safeguarding children, young people and vulnerable adults, this policy was adopted by The Nest on **10th February 2025.**

Sleep and quiet times are key periods in the day for promoting security. Babies and younger children will need the opportunity to sleep. Older children may not need to sleep during the day, but all children at The Nest will have the opportunity to sleep and be encouraged to have some quiet restful time.

No child can or will be made to sleep and no child will be kept awake, parents' 'wake instructions' will be considered but cannot be guaranteed and staff professional judgement will always be priority on a day to day basis.

At The Nest we **WILL** :-

- Follow the 'Safer Sleeping Awareness' from The Lullaby Trust for babies up to 12 months old. <https://www.lullabytrust.org.uk>
- Ensure all staff have training on sudden infant death syndrome (SIDS), its main causes and how we can minimize those risk factors. <https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids>
- Check/change nappies and remove heavier clothing.
- Ensure a peaceful, dark sleeping environment, sometimes with white noise playing quietly.
- Babies who don't yet self soothe are gently patted or stroked to sleep by a familiar and suitable adult, whilst they settle into new routines etc we will try to mimic home sleep routines/patterns for familiarity and we will adapt the sleeping routine and place for those new starters e.g. pushchair walks, baby carrier, sole sleeping etc.
- Place babies up to 12 months on their back, with their feet to the foot of the cot.
- Sleep babies in travel cots or in Moses baskets on firm flat mattresses.
- Check the sleeping equipment is fit for purpose and replace as and when necessary.
- Keep the room temperature between 16 - 20 degrees and use room thermometers to monitor.
- Use fitted sheets and sleeping bags of appropriate tog which will be laundered regularly and more often if needed.
- Have the cameras on in sleep rooms constantly in the communal kitchen area during morning and afternoon sleep times and **physical checks every ten minutes and record.**
- Remove any hair ties/dribble bibs etc before putting a baby down to sleep.

At The Nest we **WILL NOT** :-

- Put babies to sleep on beanbags, in bouncy chairs or car seats. If they fall asleep on a journey in a car seat, we will transfer them to a flat surface when they return to The Nest.
- Use cot bumpers or loose sheets/blankets.
- Use duvets, pillows or blankets in cots with babies.
- Put soft toys in with babies under 12 months.

For Older Babies (over 24 Months) and Children: -

- They will have their own nap mat and blanket.
- Nappies will be changed if appropriate and heavier clothing removed.
- A comforter, soft toy or muslin will be offered.
- Hair ties will be removed before going to sleep if deemed appropriate.
- Sleep/quiet time will be in a darkened, quieter room.
- A member of staff will physically be in the room with them OR checked on at least every ten minutes.
- Will not be left unattended at any time if asleep in a car seat or pushchair. If a child cannot easily be transferred, the pushchair will be brought inside the property, or a staff member will remain with the sleeping child if outside the building.