



LITTLE ELLIES

Safer Sleep Policy

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Little Ellies

Safer Sleep Policy

Policy statement

At Little Ellies, we recognise that it is imperative that children get the sleep they need to function to grow their cognitive, physical, and emotional development. It is essential for your child's health and well-being that they have enough quality sleep/ rest time. We have adopted a policy of practice recommended by The Lullaby Trust to minimise the risk of 'Sudden Infant Death Syndrome' (SIDs) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework. All babies and children's safety are paramount, and we work in partnership with parents to ensure this.

Procedures

The Lullaby Trust provides key information that advocates for safe sleep practices. These can be found in details in their Safer Sleep Awareness Guide

<https://www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-sleep-awareness-for-early-years-settings-booklet.pdf>

Some parents may not want their child(ren) to sleep while they are at nursery and this will be discussed during settling in sessions, between the parents and the child's key person. We will distract and discourage children not to sleep if the parent has specifically requested that, however we will never physically keep your child from falling asleep. We will allow the children a minimum of 45 minutes sleep. Similarly, if the child does not want to sleep, we will not force them and they will be provided with appropriate activities during the quiet, rest times.

When waking children after their sleep limit (if parents have requested to set one) we shall do so calmly and slowly so as to not shock the child. Blankets may be removed and lights may be slightly brightened but children will not be physically woken up by staff (lifting child up etc) Children should be allowed to wake up naturally and in their own time.

Prior to sleep/rest time, staff will ensure the following:

- The baby/child has had a nappy change with a fresh, clean nappy
- Outer clothing is removed (thick cardigans with zips/buttons)
- The baby/child has been fed and had a drink
- Bibs are removed
- The room is the right temperature (not too hot/cold)
- lights are dimmed where possible

During sleep time, children are:

- Never left unsupervised
- Provided with their own, individual clean bedding
- Placed on their back on a sleep mat or cot (no babies are to be left to sleep in bouncy chairs at any time) *if a baby has rolled onto their tummy, advice from Lullaby Trust advises, initially you should gently place them onto their back again. However, once a baby can independently roll from back to front and back again, they can be left to find their own natural sleep position.*
 - Babies are placed with their feet at the foot of the cot.
 - Given a blanket
 - Not left to cry
 - Supported by their key person/an adult to sleep (rocked/patted)
 - Checked continuously every 10 minutes so that no muslins/blankets are covering the child's face, and children are breathing regularly.
 - *When monitoring the baby/young child's welfare, we will look for the rise and fall of the chest and if the sleep position has changed.*
 - When a child has a dummy, check it is not obstructing the babies/ young child's breathing, as good practice, we will remove the dummy once the child is asleep.

- Where a practitioner has any concerns regarding the safety of a child's sleep pattern or routine, they will ask questions and take action.
- Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.



Advice from the Lullaby Trust

Safer Sleep Advice

Sleeping Position

- All babies should be placed on their back for every sleep, day and night, as the chance of SIDS is particularly high for babies who are sometimes placed on their front or side.
- Sleeping a baby on their front or side greatly increases the chance of SIDS.
- Tummy sleeping can block or narrow your baby's airway.



Temperature

- It is important to make sure that the baby's room is a comfortable temperature – not too hot or too cold. The chance of SIDS is higher in babies who get too hot, so keep the room temperature between 16 - 20°C. Recording and documenting room temperature during infant sleeps helps ensure babies are being cared for within the recommended limits.
- It can be difficult to judge the temperature in the room, so use a room thermometer in the rooms where the babies sleep.
- Babies do not need to wear hats indoors, or sleep in outdoor wear such as snow suits/winter coats etc.
- The best way to check baby's temperature is by putting your hand on the skin on their chest or the back of their neck. Don't use their hands or feet as a guide as they will always feel cooler than the rest of their body. If the baby is too hot you will feel the skin is hot, slightly clammy or sweaty, and you will need to remove some layers.
- Ensure the baby's sleep space is not positioned next to a radiator or next to a window in direct sunlight.

Sleeping Place

Sharing a bed with a baby is something that many families do, either intentionally or not. There is a lot of information on bedsharing in our guide for parents, [Safer-sleep-for-babies-a-guide-for-parents-web.pdf \(lullabytrust.org.uk\)](https://www.lullabytrust.org.uk/parents-a-guide-for-parents-web.pdf), but for those caring for a baby in an early years setting, it is not recommended that you share a bed or other sleep surface with a baby. You may not be aware if a baby was born prematurely for example, so it is safer to assume they are at high risk and give them a separate sleep space. Sleeping on a sofa or armchair with a baby is particularly dangerous.

- The safest place for babies to sleep is in a Moses Basket, cot, travel cot or carrycot on a firm, flat mattress with a waterproof, wipeable cover. Beanbags, sofas, bouncy chairs, pods/nests, cushions and car seats are not suitable sleep surfaces for babies and significantly increase the risk of SIDS. If a baby falls asleep in a product like this or when propped in a sitting position, you should move them onto a clear, firm, flat surface. For more information visit: [How to keep a sleeping baby's breathing tube \(airway\) open - The Lullaby Trust](#)

- We advise against sleeping babies in a seated or inclined position such as in pushchairs/buggies. However if there are no other options babies need to be in the lie-flat position when sleeping. This needs to be completely flat, not just in a recline position.
- Ensure the equipment your setting is using for the babies' sleep space has passed necessary safety checks and follow the manufacturer's guidance that comes with any products you use.

