

Safer Sleep in Our Setting

We follow safer sleep guidance from the Department for Education, the NHS and The Lullaby Trust. Everyone in the setting understands our safer sleep policy.

We provide a calm, quiet place for sleeping.

We lay children down on their backs to sleep.

We provide each child with their own sleep space which is kept clean and in good condition.



Our babies under a year old sleep in a cot.

We place each child so their feet touch the bottom of the cot.

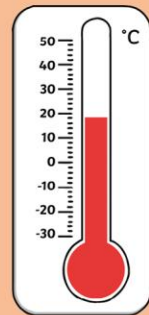
We provide each older child with a firm, flat, water proof mattress in a bed or on the floor.

We use light weight bedding and we tuck this in firmly.

We provide well-fitted baby sleep bags and follow the manufacturer's recommendations when we use them.

We keep sleep spaces free from toys, pillows, straps or other items.

We make sure children don't get too hot or cold. We keep the room temperature between 16 and 20°C for babies.



We ensure children's heads are never covered.

We make sure that an educator is in the same room and can always see and hear children when they are sleeping.

We check children frequently to make sure they are safe.

We work with caregivers to keep sleep safe in the setting and at home, too.