



Safe Sleep Policy

At The Little Magpies Nursery, we are fully committed to promoting safe and restful sleep for all children in our care. We recognise that sleep is vital to a child's health, development, and emotional wellbeing, and we take every measure to ensure that each child sleeps safely and comfortably in accordance with NHS guidelines, Ofsted expectations, and best practice recommendations. This policy is designed to minimise risks associated with sleep, particularly Sudden Infant Death Syndrome (SIDS), and to promote a consistent, nurturing approach to sleep routines.

Purpose

This policy outlines our approach to safe sleep, ensuring that all children are supported in their individual sleep needs while being cared for in a secure and closely monitored environment. It aims to provide peace of mind for parents and carers and to set clear expectations for staff practice.

Safe Sleep Environment

To maintain the highest standards of safety:

- Cots, cribs, and sleep mats are age-appropriate, well-maintained, and conform to current UK safety regulations.
- Children under 1 year of age are always placed on their backs to sleep, unless we receive a signed health care plan or medical advice from a GP stating otherwise.
- Sleeping children are checked in person at least every **10 minutes** by staff, with checks logged to record breathing, colour, position, and overall comfort.
- Rooms used for sleeping are kept at an optimal temperature (between **16–20°C**) and are well ventilated.
- Only minimal, appropriate bedding is used: no pillows, duvets, sleep positioners, cot bumpers, or soft toys for children under 12 months.
- Sleep areas are quiet and calm, with low lighting and a peaceful atmosphere to promote rest.

Supervision and Staffing

- Staff are assigned to specific sleep areas to ensure consistent and vigilant supervision.
- Children are never left unsupervised while sleeping.
- Staff are trained to identify and respond immediately to any signs of distress or discomfort.



- Sleep checks may include gentle touch or repositioning if a child's posture becomes unsafe.

Individual Sleep Routines

- We work in partnership with families to understand and follow children's preferred sleep routines and comfort strategies.
- Children are never forced to sleep or kept awake against their natural rhythms.
- Comfort objects (e.g. dummies, sleep aids) are permitted if agreed with parents and used safely.
- Any significant changes in sleep patterns are documented and discussed with parents.

Working in Partnership with Parents

- Parents are informed daily about their child's sleep duration, time, and general wellbeing during rest.
- Discussions about sleep are ongoing, especially if patterns or preferences change at home or in the setting.
- We are committed to maintaining safe sleep standards at nursery, even if home routines differ. Our priority is to keep children safe while respecting parental wishes as much as possible within those boundaries.

Training and Policy Review

- All staff receive safe sleep training during induction and as part of their ongoing professional development.
- This policy will be reviewed **annually** or earlier if national guidance changes or following any sleep-related incidents.
- Feedback from staff and parents is welcomed and used to refine our procedures and support individual needs.