

3.84 - Early Years Foundation Stage (2025) state:-

‘Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk). Practitioners may also find it helpful to read NHS advice on safety of sleeping children: Reduce the risk of sudden infant death syndrome (SIDS) - NHS (www.nhs.uk)’.

Following Ofsted’s guidelines, The Life Nursery allow children to sleep whenever they wish. The welfare requirements state that the provider must meet the needs of the child at all times, meaning that if a child is tired, we allow him/her to rest/have a nap. We recognise that getting good quality sleep and rest are crucial components for development.

The Life Nursery provides a safe sleeping environment by:

- Following ‘The Lullaby Trust’ Safer Sleep Information and Early Years Foundation Stage Framework.
- Monitoring the temperature of the room to ensure it is not too hot or cold (between 16 -20 degrees)
- Ensuring no direct sunlight and the shutters are down.
- We use light bedding/blankets and ensure that children are appropriately dressed for sleep.
- We use only safety-approved sleeping mats/beds that are compliant with British Standard regulations.
- The children are monitored visually when sleeping. Checks are recorded every 10 minutes on our ‘sleep register’.
- When monitoring, staff look for the rise and fall of the chest and if the sleep position has changed.
- Children are never left in a separate room without staff supervision when they are sleeping.
- Children are able to sleep away from other children to prevent being disturbed.
- Children are provided with clean bedding. Bedding is washed at the end of each week and replaced.
- Children are given the opportunity to fall asleep naturally, and are not rocked, cuddled, stroked or patted to sleep.
- Children under NO circumstances are swaddled, strapped or placed on their front to sleep. However, children may turn independently and as above are checked and monitored at least every 10 minutes.
- NO blankets are placed over their heads.
- Children MUST NOT be laid down to sleep on a beanbag.
- Once the child falls asleep all comforters must be removed eg teddies.
- No dummies should be attached to clips at any time.
- Before child falls asleep check for objects in mouth or hands and remove.

Procedure for checking sleeping children:-

- **Breathing:** look for the rise and fall of the child’s chest.
- **Position:** ensuring the child is safe, head is uncovered and the child has no blankets or comforters covering their face.
- **Temperature:** Check the child’s chest or back of neck to ensure not hot or clammy.
- **Environment:** Ensuring that the room temperature is comfortable and being between 16-20 degrees.

At The Life Nursery we recognise that each child is unique and have their own individual needs. We work closely with parents/carers of our children to ensure the consistency of practice between home and the

setting. When children start The Life Nursery, we ask parents/carers to complete information about their child's rest/sleeping routine in their 'All About Me' booklet.

If a child has an unusual sleeping routine that we do not use in nursery, we will explain the policy with the parents/carers and work together to ensure the best and safest outcomes for the child. Practitioners are always available to speak to parents/carers about why sleep and rest are important and how children have the ability to self-regulate their sleep.

This policy was devised by Louise Gray, Manager – July 2026

Signed: