

## Blue Windmill Nursery Sleeping Children

We believe that a child's needs are best met when information about routine and habits are shared between parent(s) and carer(s). We encourage parents/carers to inform staff about their child's preferences, use of comforters etc.

Children who need to sleep during the day will be encouraged to sleep in a safe and suitable sleep environment, e.g. sleep room or quiet area of nursery, with easy access to carers and under appropriate supervision at all times.

Babies will be settled in a cot, older children on a sleep mattress.

If a child falls asleep on a carer or cushion, if necessary, they will be moved to an appropriate and safe sleep environment.

### Safer Sleep Requirements

The safety of sleeping children is paramount. Our practice follows current NHS safer sleep guidance and advice from The Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS).

For children under 2 years old, we ensure that:

### Sleep Position and Space

- Children are always placed on their **back to sleep**.
- Each child has their **own separate sleep space**.
- Babies aged 1 year and under are only placed to sleep in a **cot**.
- If a baby is able to roll independently, they may find their own position, but are always initially placed on their back.

### Sleep Environment

- Sleep spaces contain only:
  - a **firm, flat mattress**
  - a **waterproof cover**
  - a **fitted sheet**
- Cots must **not contain**:
  - toys
  - pillows
  - cot bumpers
  - loose bedding
  - wedges or straps
- Babies **should not be left to sleep in car seats, bouncers, prams or similar equipment**. If a baby falls asleep, they are moved to a firm, flat sleep surface as soon as possible.

### Bedding

- Lightweight blankets, if used, are:
  - tucked in securely
  - positioned **below the shoulders**

- with the child placed in a **feet-to-foot position**
- Alternatively, a **well-fitted sleep bag** may be used in line with manufacturer guidance.

### **Temperature and Comfort**

- Children are monitored to ensure they do not become too hot or too cold.
- Room temperature is maintained between **16–20°C** where possible.
- Children’s heads are always kept uncovered.

### **Supervision**

- Children under 6 months of age always have an adult present in the **same room** during sleep.
- All sleeping children are:
  - **within sight and hearing of staff at all times**
  - checked regularly

### **Monitoring**

- Sleeping children are checked at **5–10 minute intervals**.
- Checks include:
  - breathing (rise and fall of the chest)
  - sleep position
  - general comfort
- These checks are recorded on the relevant record sheet.

### **Staff Knowledge**

- All staff are required to read and understand:
  - [NHS guidance on safer sleep and SIDS](#)
  - [Guidance from The Lullaby Trust](#)

### **General Practice**

The child’s dignity and comfort will always be respected; however, safety takes priority at all times.

Each child is provided with their own designated bedding, which is cleaned on a regular basis and immediately if it becomes soiled.

As temperatures vary according to the season, we will ensure that children remain comfortable and appropriately dressed for sleep.

We work in partnership with parents to understand each child’s individual sleep routine, while ensuring that all safer sleep guidance is followed within the nursery.