



Greenhall & Little Learners

Safe Sleep Policy

“During sleep there’s even more activity and more learning going on in an infant’s brain than an adults.” “Karmilloff – Smith (2010)”

When young children are sleeping they are learning by consolidating information taken in during the day. Music (2011)

1. Statement of Intent

At Greenhall & Little Learners, we are committed to providing a safe sleep environment for all babies and young children in our care. We follow the latest guidance from the Department for Education and The Lullaby Trust to reduce the risk of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Childhood (SUDC).

All staff understand that safe sleep is a safeguarding priority and must follow this policy at all times.

2. Definitions

- **SIDS (Sudden Infant Death Syndrome):** The sudden and unexplained death of a seemingly healthy baby.
- **SUDC (Sudden Unexpected Death in Childhood):** The sudden unexplained death of a child over 12 months.

3. Key Principles of Safer Sleep

We ensure that all babies and children under 2 years old are provided with a safe sleep environment by following these principles:

- Babies are always placed on their **back to sleep**.
- Each child sleeps in their **own separate sleep space**.
- Sleep surfaces are **firm, flat, and clear**.
- Babies aged **12 months and under** are only placed to sleep in a cot (including Moses baskets or travel cots).
- Babies are kept at a **comfortable temperature (16–20°C)**
- Babies are **always within sight and hearing of staff**, and closely monitored.
- From 12 months of age, children may be placed to sleep in the sleep coracles.

4. Sleep Position

- Babies are always placed on their **back for every sleep**.



- If a baby can roll independently, they may adopt their own sleep position once placed on their back.
- If a parent requests an alternative position, **written medical evidence from a healthcare professional is required**, and an individual risk assessment will be completed.

5. Sleep Environment

5.1 Approved Sleep Spaces

- Babies aged 12 months and under **must only sleep in a cot**.
- Older children sleep on an appropriate bed or mat in line with their development.
- Each child will sleep in their **own cot or designated sleep space**.

5.2 Mattress and Bedding

- A **firm, flat, waterproof mattress** with a tightly fitted sheet will be used.
- Only **lightweight bedding** may be used and must be tucked in securely **below the shoulders**.
- Babies will be placed **feet-to-foot** at the bottom of the cot when blankets are used.
- Alternatively, a **well-fitted baby sleep bag** may be used in line with manufacturer guidance.

5.3 Items in the Cot

- Cots must be kept **completely clear**.
- The following are **not permitted**:
 - Pillows
 - Duvets or quilts
 - Cot bumpers
 - Loose bedding
 - Toys or soft objects
- If a comforter is essential, it must be:
 - Small and breathable
 - Not cover the baby's head or face
 - Risk assessed

6. Sleeping Equipment and Unsafe Environments

- Babies must **not be left to sleep in car seats, bouncy chairs, swings, or similar equipment**.
- If a baby falls asleep in such equipment, they must be **moved to a cot as soon as it is safe to do so**.
- Babies **must never sleep on sofas or soft surfaces**.



7. Supervision and Monitoring

- Sleeping children are **always within sight and hearing of staff**.
- Babies under **6 months must always be supervised by a staff member in the same room for every sleep**.
- All sleeping children are **checked at least every 10 minutes**.
- Checks include:
 - Breathing (rise and fall of chest)
 - Body position
 - Temperature and comfort
- New starters and babies in transition periods are monitored more frequently.

8. Temperature and Clothing

- Room temperature is maintained between **16°C and 20°C**.
- Babies are dressed appropriately for sleep and **not overdressed**.
- **Hats are not worn indoors** while sleeping.
- Staff ensure babies are **not too hot or too cold**.

9. Feeding and Sleep

- Babies will **never be put to sleep with a bottle**.
- Feeding routines are discussed with parents to ensure safe practice.

10. Working with Parents and Carers

- This policy is shared and discussed with all parents before admission.
- We will:
 - Discuss each child's sleep routine
 - Explain safe sleep requirements
 - Work in partnership while prioritising safety
- Where home practices differ, staff will sensitively explain that **nursery practice must follow safer sleep guidance**.

11. Individual Needs and Risk Assessments

- Any exceptions to this policy require:
 - A **written medical recommendation**
 - A **documented individual risk assessment**
- All relevant staff will be informed of any agreed adjustments

12. Staff Training and Responsibilities

- All staff receive **safe sleep training during induction** and ongoing updates.
- Staff must:
 - Follow this policy at all times



- Record sleep checks
- Report any concerns immediately

13. Health and Safety

- Smoking and vaping are strictly prohibited on the premises.
- Staff must ensure clothing and breath are free from smoke when caring for children.
- Awake babies will be given supervised “tummy time” as part of their physical development.

14. Review

This policy will be reviewed annually or sooner in line with updates to EYFS statutory guidance or best practice.

This policy will be available on our website.

Policy reviewed and approved on 7/2/25, 23/6/26.

Signed: Joanne di Castiglione (Headteacher) .

Date: 23/6/26