



Safe Sleep Procedure

At Westlands Nursery we are educated in and understand the importance of following the most recent government advice to prevent Sudden Infant Death Syndrome (SIDS) including encouraging safer sleeping actions for all children regardless of their sleep patterns.

This procedure is written in line with advice from;

- The Lullabys Trust
- EYFS Statutory Framework 2025 - Paragraph 3:84
- Public Health England 2015
- NHS

At Westlands Nursery we will practise the following safe sleeping procedures:

- Practitioners will discuss children's sleep routine with parents as part of the children's individual care routine, this will include the use of appropriate comforters.
- Practitioners will share the 'sleep safe' procedure with parents. Parents will be asked to sign this and a copy will be kept in the child's individual file in the office
- Babies will always be placed on their back to sleep. Current Government guidance states this is the safest sleeping position and reduces the risk of SIDS. When babies can roll over independently, they can be allowed to adopt whichever sleeping position they prefer. We will follow this recommendation, however, please discuss your preference with your child's key person
- Babies will be placed in the "feet to foot" position, with their feet at the end of the cot. Their blanket should not be tucked in higher than children's shoulders. The baby's head should not be covered.
- Practitioners will make sure cots/bedding are in good condition and suited to the age of the child. Steps will be taken to ensure the gaps between the cot bars are less than 6.5cm and the space between the mattress and the cot is no more than 4cm
- Babies will have individual bedding which is placed on a labelled hook when not in use and laundered daily
- Cots are not fitted with cot bumpers or pillows. All cots are fitted with cotton sheets and only cellular blankets will be used to reduce the risk of suffocation
- Babies will never be put down with a bottle to self feed to sleep
- Only one baby will be in a cot at a time, except in the event of an emergency or during a fire drill. In this case our evacuation cot will be used
- Practitioners will ensure that children do not get too hot or too cold. In warm weather children will be stripped down to their vests or nappies. In colder weather will adjust the temperature by using layers of lightweight blankets, lightweight fitting baby sleeping bags are a good choice too

- Visual supervision is required at all times. We will check children every 10 minutes, looking for the rise and fall of a baby's chest and noting skin colour and the change of sleeping position. Checks will be logged on the sleep register on the sleep room wall and initialled and the time noted down by practitioners
- Children will not be put to sleep in pushchairs unless it is a parents request
- No smoking is permitted on the premises and any practitioners who smoke will ensure their clothes and breathe do not smell of smoke when caring for children

Follow the link below to read the NHS advice for reducing the risk of Sudden Infant Death Syndrome;

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

This procedure was updated: May 2025