

Petworth Primary Nursery

Safe Sleep Policy



Reviewed:	October 2026
Next Review:	October 2028
Person Responsible:	Amy Eddy

Inspire, nurture and challenge with JOY at the heart in all we do.

1) Policy Summary

Petworth Primary Nursery adopts a Safe Sleep policy to ensure the health, safety and wellbeing of all children while sleeping, and to reduce the risk of SIDS (Sudden Infant Death Syndrome). All staff will adhere to the following procedures for safe sleeping.

2) Sleeping position

- All children will be placed on their backs to sleep, unless a doctor has advised otherwise.
- If a child rolls onto their front or side whilst sleeping, they should be moved onto their back immediately. Unless, the child can easily roll onto their front and back again, then they should be left to find their own sleep position.
- All babies will be placed with their feet at the end of the cot, to ensure they cannot wiggle down under their cover.

3) Mattresses, Bedding and Cots

- Only firm, flat mattresses with a waterproof layer will be used for sleeping children within the setting.
- No soft or bulky bedding (including quilts, duvets and pillows) will be used in cots or sleeping areas.
- Children will have their own cot or sleep space and clean bedding weekly unless soiled or dirty. Mattress and cots will be cleaned weekly unless soiled.
- Each sleep space will be as far apart as the room allows; however this may not meet environmental rating scale of 16 inches apart.
- If a child needs to be rocked to sleep in a baby bouncer or buggy, this may be done as long as the child is moved into a suitable sleeping area i.e. cot or a firm, flat mattresses
- A blanket may be used, no higher than the child's shoulders. Alternatively, the child can sleep in an appropriately sized sleeping bag / grow bag.
- Children will not be swaddled when sleeping.
- Soft toys will not be placed in the sleep spaces. Children who have comforters to fall asleep will be able to do so. Once asleep practitioners will move this away from above their shoulder height, if the child becomes restless, the comforter can then be used to help them get back to sleep, but will then be moved again once asleep.
- No cot bumpers will be used.
- No products to keep a child in one sleeping position, such as wedges or straps, will be used unless medically needed.

4) Sleep environment

- The chance of SIDS is higher in babies who get too hot.
- The room temperature should be between 16 and 20oc.
- Children's body temperatures should be checked while sleeping, by feeling their back, neck or tummies. If a child feels hot to the touch, or looks sweaty, layers should be removed to cool the child down.
- Staff in the room will create quiet, calm sleep areas for the children. Calming classical music or other sounds may be played to help children get to sleep.
- Staff will respect the child's need for sleep and if conversations need to take place, they will move away from the sleep space.
- Children must not be fed bottles or drinks when lying in cots. This will be done before and then the child placed in their cot/bed
- Sleep spaces will not block fire exits.
- All sleep areas will be kept clean and tidy. Staff will sweep floors before placing mats or mattresses on the floor.
- Bean bags and cushions will not be used as sleep spaces for children.
- Sleep checks will be recorded every **10 minutes**. When carrying out a sleep check, the staff member must check that:
- The child's breathing is normal

- Ensure that they are in a safe sleeping position
- They must feel that the child is at a safe temperature (16-20c) and that their bedding is tight and not covering the child's face or head.
- When this has been done, the staff member must record the sleep check on the iConnect system.

5) Arrival at Petworth Primary Nursery

In the interests of child safety and wellbeing, all children must be rousable and show signs of responsiveness upon arrival at the nursery. Staff will ensure that each child is alert before being formally accepted into our care for the day. If a child arrives asleep, parents or carers will be asked to gently wake the child to confirm they are responsive before entry is permitted. This policy helps us ensure that all children are in a fit state to begin the day safely and allows us to identify any potential health concerns immediately upon arrival.