Safer Sleep Policy

Policy Statement

Millwood House Day Nursery Ltd is committed to providing a safe, consistent and evidence-based sleep environment for all babies and young children. This policy outlines the procedures staff must follow to reduce the risk of **Sudden Infant Death Syndrome (SIDS)** in babies under 12 months and **Sudden Unexpected Death in Childhood (SUDC)** in children over 12 months.

Our aim is to ensure every child sleeps in an environment that minimises risk, prevents accidents and promotes healthy development.

Why Safer Sleep is Important

SIDS is the sudden and unexpected death of a baby where no cause is found. Although uncommon, certain factors increase risk, including:

- Premature birth (before 37 weeks)
- Low birthweight (under 2.5kg / 5.5lb)
- Exposure to smoking during pregnancy
- Sleeping on sofas or chairs with adults or children

SUDC refers to the sudden and unexpected death of a child over 12 months where no cause is found. Unsafe sleep environments can increase the risk of suffocation, entanglement in soft bedding or becoming trapped in soft furniture.

Providing a safe sleep space is essential to reducing these risks.

Safer Sleep Requirements for Babies and Children Under Two

Sleep Environment

Staff must ensure:

- Babies aged **12 months and under** are only placed to sleep in a **cot** that meets relevant British Safety Standards.

- All children sleep **on their back**, in their **own separate sleep space**, on a **clear, flat, firm surface**.

- Sleep spaces contain **only**:
  - A firm, flat, waterproof mattress
  - Lightweight bedding tucked in no higher than the shoulders
  - OR a well-fitted baby sleep bag (following manufacturer guidance)

- When blankets are used, babies must be placed **feet-to-foot** at the bottom of the cot.

- **No additional items** are permitted in cots: toys, pillows, loose bedding, bumpers, wedges, straps or comforters (comforters allowed only for children over 12 months).
- Babies and children must not become too hot or cold. Recommended room temperature for babies under 12 months is **16–20°C**.
- Children's **heads must remain uncovered** at all times.

Supervision

- Babies must always have an adult **in the same room** for every sleep.
- All children must be **frequently checked** while sleeping.
- Children must always be **within sight and hearing** of staff.

Temperature Checks

To check if a child is too hot or cold:

- Feel their **chest** or the **back of their neck** (hands and feet are normally cooler).
- If clammy or sweaty, remove layers of clothing or bedding.
- Staff must use professional judgement during extreme temperatures.

Babies Who Can Roll

Once a baby can roll from back to front and back again independently, they may adopt their own sleep position. Staff must still **place them on their back** initially.

Staff Responsibilities

All staff must:

- Follow this policy at all times.
- Complete regular sleep checks and record them where required.
- Ensure sleep rooms remain uncluttered, calm and safe.
- Report any damaged sleep equipment immediately.

- Follow manufacturer guidance for all sleep products.
- Communicate sleep routines clearly with parents.

Further Information

Staff should refer to:

- **NHS guidance on Sudden Infant Death Syndrome (SIDS)**
- **The Lullaby Trust – Safer Sleep Advice**
- **Office for Product Safety and Standards – Product Recalls and Safety Notices**

Further information can be found at: www.lullabytrust.org.uk

This policy was reviewed	Signed on behalf of the nursery	Date for review
June 2026		May 2027