



Safe Sleeping Policy

VERSION/DATE:	May 2026
NEXT VERSION DUE BY:	June 2027

At Lavender Farm Nursery, the safety and wellbeing of your child/ren is paramount and as such we have implemented a Safer Sleeping policy to ensure that your children are kept safe and secure.

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep babies safer while they sleep, Lavender Farm Nursery will practice the following sleep policy:

Babies and Children must be placed down to sleep safely. For children under 2 years old, providers must ensure that:

- Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 1 year and under must only be placed to sleep in a cot.
- Sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleeping bag may be used. Check the manufacturers guidance before using a baby sleeping bag.
- Where blankets are used, the child is placed feet-to-foot at the bottom of the cot, with blankets tucked in
- Cots must not contain extra items such as comforters, toys, pillows, extra blankets, bumpers, wedges or straps (this includes personal soft toys or comforters from home).
- Children should not get too hot or cold. The recommended room temperature for babies is 16-20c.
- Children's heads are not covered.
- Children under six months of age must always have an adult with them in the same room for every sleep. All children must be frequently checked when sleeping.
- Children are always within sight and hearing of staff when sleeping. Providers must ensure that all staff read NHS advice on [Sudden Infant death syndrome \(SIDS\) - NHS](#). More information on safer sleep guidance is available from [The Lullaby Trust](#)

Our policy requires that the key person or manager discuss the Safe Sleep Policy with a child's parent or guardian before admission. Parents must sign a statement that they received a copy of the policy and that the policy has been discussed with them. This is located on the child's care plan (appendix 1). All key persons working in our nursery will receive induction training on our Safe Sleep Policy, which includes reading the latest NHS guidance on Sudden Infant Death Syndrome.

A member of staff will always be with the sleeping children to allow constant visual observations to be carried out. Staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care. Documentation will be completed by staff every 10 minutes.

When introducing or sharing the policy with our parents the following will be discussed:

- Ask about the baby's sleep position at home
- Explain the nursery "safer sleep" policy that is implemented to reduce the risk of sudden infant death syndrome (SIDS).

In exception some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his /her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position; this note will be placed within the baby area or sleep room. Babies will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy will be given to the keyperson.

If parents have further questions about SIDS and infant sleeping positions, they will be signposted to FSIDS and The Lullaby Trust.

Safer Sleep Policy – Parent/carer agreement

I _____ the parent/carer of _____
can confirm that I have read and understood Lavender Farm's Safer Sleep policy. I can
confirm that I have informed my child's key worker of any information that may relate
to my child's sleep and the Safer Sleep policy.

Name: _____

Signed: _____

Date: _____