Safer Sleep Policy

This policy aims to promote safe and developmentally appropriate sleep practices for all children in our care. We are committed to ensuring children's physical safety, emotional well-being, and respect for their individual sleep needs.

Key Principles

1. **Child-Centered Approach**
   We recognise that each child has unique sleep needs. Our practices respect individual routines, sleep cues, and natural rhythms rather than imposing uniform schedules.
2. **Safe Sleep Environment**
   We adhere to established safe sleep guidelines, including:
   - Always placing babies on their backs to sleep unless medically advised otherwise.
   - Using firm, flat mattresses without loose bedding, pillows, or toys in cots.
   - Ensuring sleep areas are well-ventilated and monitored regularly.
3. **No Forced Sleep or Inappropriate Waking**
   - Children will not be forced to sleep.
   - If a child is not tired or resists sleep, they will be offered calm, quiet activities.
   - Children will not be woken up at arbitrary or predetermined times unless necessary for health or safety, or if it is part of their individual care plan.
   - Children up to the age of five years need up to 1.5 hours sleep as daytime naps, with each nap being a minimum of 30 minutes.
4. **Monitoring and Supervision**
   - Sleeping children will be regularly checked (every 10 minutes or as appropriate).
   - Staff will record sleep times and observations to ensure accurate communication with families.
5. **Parental Collaboration**
   - Sleep routines and preferences will be discussed with parents/carers during enrolment and regularly reviewed.
   - We support continuity between home and nursery routines wherever safe and practical.
6. **Staff Training**
   All staff involved in sleep supervision are trained in:
   - Safe sleep practices (including SIDS prevention).
   - Recognising individual sleep needs and cues.
   - Responding sensitively and respectfully to children during rest times.

Date policy was reviewed	May 2025
This policy is due for review before	May 2026