

Safer Sleep

Although our setting only cares for children aged 2 years and over, we recognise the importance of providing a safe sleep and rest environment in line with DfE and Lullaby Trust guidance. We follow the steps below to ensure that we provide a safe sleep environment for every child in our care:

- Children sleep on individual sleep mats with a fitted sheet and are encouraged to adopt a comfortable sleeping position.
- Sleeping areas are clean, well ventilated, and maintained at a comfortable temperature. Children are checked regularly to ensure they do not become too hot or too cold and additional layers of clothing are removed or added as required.
- Children are always within sight and hearing of staff while sleeping or resting.
- Staff carry out regular checks on sleeping children and record these on a sleep chart.
- Sleep mats and sleeping areas are kept free from hazards and excessive bedding, cushions, toys, cords, or any other items that could pose a risk to a sleeping child.
- Parents are consulted regarding their child's sleep needs and preferences, and any medical conditions or individual requirements are taken into account when planning rest and sleep arrangements.
- If a child falls asleep unexpectedly, staff will ensure they are moved to a safe sleep area where they can be appropriately supervised.
- All staff are aware of safer sleep practices and follow the setting's procedures for supervising sleeping children.