

Safe Sleeping

★ in our setting (EYFS)



We follow safe sleeping practices to help keep the children in our care safe and comfortable.

In our setting we... ♥



- Child is always placed on their back to sleep.



- Once a child can roll independently, they may find their own position.



- Child will sleep on a low firm mattress in a safe space.
- Safe space clear of loose blankets, pillows, toys.



- Room temperature is maintained between 16–20°C for children. Children are dressed appropriately to avoid overheating.



- Sleeping children are checked regularly and monitored closely.
- Children remain within sight and/or hearing of staff at all times.
- Physical checks are carried out (not solely reliant on monitors).
- Sleep checks are recorded where appropriate.
- Ratios are always maintained during sleep periods.



- Children are never left unattended while sleeping.
- Children are not left to sleep in bouncers, highchairs, or on sofas.
- Any child who falls asleep elsewhere is moved safely to an appropriate sleep space.



♥ Why it's important

Following safe sleep guidance reduces the risk of Sudden Infant Death Syndrome (SIDS) and helps children sleep safely and comfortably. ♥

Your child's safety is our priority

We follow the latest guidance from the NHS to ensure children sleep safely in our setting.

Scan the QR code to read the NHS Safe Sleep Guidance (SIDS)



NHS

We follow guidance from the NHS