



Safer Sleep and Rest Policy (Ages 0–2 Years)

At Childhaven, we recognise the importance of sleep, rest, and quiet time as an essential part of each baby and young child's development and wellbeing. In line with the Curiosity Approach, we ensure that sleep times are calm, respectful, and mindful, supporting each child's individual needs, home routines, and natural rhythms.

Aims:

- To create a safe, calm, and nurturing sleep environment.
- To support children's natural sleep patterns and needs, rather than imposing rigid routines.
- To encourage mindful sleep practices that respect each unique child.
- To work in close partnership with parents to ensure continuity between nursery and home sleep routines.

We ensure that:

Mindful Sleeping Principles (Inspired by the Curiosity Approach):

- **Respectful Transitions:** Children are gently prepared for sleep with calming, unhurried routines such as soothing music, soft lighting, gentle voices, and warm interactions.
- **Child-led Sleep Needs:** We observe and respond to children's individual tiredness cues (e.g. rubbing eyes, yawning, becoming quieter), rather than enforcing fixed sleep times.
- **Peaceful Sleep Spaces:** Our sleep area is uncluttered, cosy, and calm, with natural tones and materials to create a sense of security and comfort.
- **Freedom to Choose:** For older babies and toddlers, sleep choices are respected — e.g. lying down with a comforter, gentle rocking, or choosing a quiet book before resting.
- **Consistent and Familiar:** Children may bring familiar sleep items from home (comforters, blankets) to feel safe and secure.

Sleep Safety (Safer Sleep Guidance):

The safety of babies is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimize the risk of Sudden Infant Death (SIDS).

We make sure that:

- Babies/ toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping at 10-minute intervals. Staff record these checks, and babies/toddlers are never left in a separate room without staff supervision.
- When monitoring, the staff member looks for the rise and fall of the chest and checks to see if the sleep pattern has changed.
- As good practice we monitor a new baby/ child sleeping in the first few weeks, every five minutes, until we are familiar with the child and their sleeping routines to offer reassurance to them and their families
- Dummies (if used) are placed by the child's mouth when settling but not reinserted if they fall out.
- We will use clean, light bedding and ensure babies are appropriately dressed for sleep to avoid overheating. If child is clammy remove item(s) of clothing
- Only using safety-approved sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations and ensuring mattress covers are used in conjunction with a clean fitted sheet.
- Ensuring that every baby/toddler is provided with clean bedding.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Beds/cots are not placed near radiators
- Waterproof mattresses will be provided and cleaned with anti-bacterial spray daily.

****Updated statutory safer sleep requirements** This guidance supports planned updates to the Early Years Foundation Stage (EYFS) statutory framework, which apply From 1st September 2026.

Safer Sleep Requirements

Updated requirements added 01/09/26

We aim 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

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.

Safe Sleep Environment

We adhere to established safe sleep guidelines, including:

- Babies aged 12 months and under will only be placed to sleep in a cot which comply with British Safety Standards
- Always placing babies on their backs to sleep unless medically advised otherwise. Feet will be at the foot of the cot if blankets are used.
- Using firm, flat mattresses without loose bedding, pillows, or toys in cots. Bedding will be lightweight and firmly tucked in around the child no higher than their shoulders.
- Sleep bags must be well-fitting and comply with British Standards.
- Ensuring sleep areas are well-ventilated, the correct temperature, between 16-20° C, and monitored regularly.
- Children's heads will not be covered.
- No child will be placed to sleep in a buggy or pram

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. o 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.

Monitoring and Supervision

- Babies will have an adult with them in the room for every sleep.
- Children will always be in sight and hearing of an adult when sleeping.
- Sleeping children will have someone with them all the time and will be regularly checked (every 10 minutes or as appropriate).
- Staff will record sleep times and observations to ensure accurate communication with families.

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.

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.

Safe bedding

We check that the following items meet the relevant British Safety Standards: • cots, travel cots, Moses baskets and carry cots: BS EN 716-1:2017, BS EN 1466:2014 or ^[1]_[SEP]BS EN 1466:2023 • bedside cribs: Since 2020, all bedside cribs should meet the new crib safety standard BS EN 1130:2019. This means cots should no longer have a side that fully drops down. • mattresses: BS 7177:2008+A1:2011 • mattresses for cots, travel cots and cribs: BS EN 16890:2017+A1:2021 • sleep bags: BS EN 16781:2018. Sleeping children are never left unsupervised

Source: [Safer Sleep](#) article from Department of Education in collaboration with [The Lullaby Trust](#)

Why safer sleep is important

- It is important to provide babies and children with a safer sleep environment to reduce the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and sudden unexpected death in childhood (SUDC) in children aged over 12 months.
- SIDS is the sudden unexpected death of a baby where no cause is found. Whilst it is uncommon, there are some factors that can increase a baby's risk of SIDS. These include:
 - being born prematurely (before 37 weeks)
 - low birthweight (less than 2.5kg or 5.5lb)
 - exposure to smoking in pregnancy
 - sleeping with babies and children on sofas or chairs
- SUDC is the sudden unexpected death of a child where no cause is found. Creating a safer sleep space can help avoid accidents, such as the risk of suffocating when sleeping from becoming entangled in soft bedding and/or getting trapped in soft furniture.

Working with Parents/Carers:

- We gather detailed sleep information from parents/carers during the settling-in period, including sleep routines, comfort items, and any special requirements.
- Staff update parents daily on their child's rest times and mood upon waking.
- Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, wake up, or stay awake against his or her will.
- We are flexible in adapting to any changes in the child's home sleep pattern.
- If parents wish practitioners to reduce or stop their child's sleep, they must discuss this first with their child's Key Person.

Staff Role and Responsibilities:

- Be calm, mindful, and present during sleep routines.
- Model gentle, unhurried behavior to help children feel safe and relaxed.
- Observe each child's individual sleep needs and respect their personal preferences.
- Record sleep times, checks, and observations on daily care sheets or electronic systems.

Sleeping Twins:

- We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep.

Review:

This policy will be reviewed annually, or sooner if guidance or best practice changes.

Policy put in place: July 2025

Next review date: July 2026

*****Updated requirements added 01/04/26 & 20/04/26

implemented by Marianne Perry Phase lead 0-2 years provision

*****Updated requirements added 01/09/26

implemented by Marianne Perry Phase lead 0-2 years provision

Next review date: July 2027



**National Nurturing
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2025**

