



## **Safe Sleep Policy**

### **Policy Statement**

Woodlands is committed to ensuring that all babies are provided with a safe sleeping environment that minimises risk and promotes their health, safety, and wellbeing. We follow current safe sleep guidance and ensure all staff understand and implement these procedures consistently.

### **Purpose**

To reduce the risk of Sudden Infant Death Syndrome (SIDS) and ensure babies sleep safely in line with statutory requirements and best practice.

### **Procedures**

#### **Sleep Position**

- All babies are placed on their backs to sleep.
- Babies will never be placed on their front or side unless there is written medical advice from a healthcare professional.
- If a baby independently rolls, staff will monitor but continue to initially place them on their back.

#### **Sleep Environment**

- Babies are placed on a sleep mat on the floor that meets safety standards.
- No pillows
- No duvets
- No soft toys
- Only a fitted sheets are used.
- Sleep bags may be used if provided by parents and appropriate for the baby's age and size.

#### **Room Conditions**

- The room temperature is maintained between 16–20°C.
- Babies are dressed appropriately for sleep to avoid overheating.
- Staff monitor babies for signs of being too hot or too cold.

#### **Supervision & Monitoring**

- Sleeping babies are checked at least every 10 minutes.
- Sleep checks are recorded and include:
  - Time asleep
  - Time awake
  - Times checked
- Babies remain within sight and/or hearing of staff at all times.
- Baby monitors may be used as an additional aid but do not replace physical checks.

#### **Individual Sleep Routines**

- Sleep routines are discussed and agreed with parents.
- Babies are supported to sleep according to their individual needs and routines.

- Comforters (e.g. dummies) are permitted if agreed with parents and used safely.

### **Settling Babies to Sleep**

- Babies are comforted and settled in a calm and responsive manner.
- Staff must not leave babies to cry for prolonged periods.
- Gentle soothing methods are used in line with the baby's needs.

### **Health & Illness**

- Babies who are unwell are monitored more frequently; managers call parents to collect.
- Any concerns about a baby's breathing or condition are reported to the management team immediately and escalated following safeguarding procedures.

### **Staff Responsibilities**

- All staff must follow this policy at all times.
- Staff must position themselves to maintain constant awareness of sleeping babies.
- Mobile phone use is strictly prohibited in Twiglets room.
- Any concerns or unsafe practices must be reported immediately to management.

### **Parent Partnership**

- Parents are informed of our safe sleep practices.
- Any requests to deviate from safe sleep guidance must be supported by written medical advice.
- Information about each baby's sleep is shared daily via EYLOG

This policy references EYFS –

- **Department for Education EYFS 2024**
- 3.59 – Safety and suitability of premises, environment and equipment
- 3.4–3.8 – Safeguarding and child protection

### **Ofsted Expectations**

- **Ofsted** expects providers to:
- Implement robust safe sleep procedures
- Carry out regular checks and risk assessments
- Ensure staff are vigilant and responsive
- Maintain a safe and suitable sleep environment

### **Monitoring & Review**

- This policy is reviewed annually or in line with updated guidance.
- Staff practice is monitored through supervisions, room observations and Safeguarding audits