



Nursery Sleep Policy – Parent Guide

We want to make sure your child is safe, comfortable, and happy while sleeping at nursery. Here's a simple guide to how we support your child's sleep, based on NDNA safe-sleep guidance.

Safe Sleep

- Babies are always placed on their backs to sleep on a mattress on the floor
- Sleep spaces are firm, flat, and free from loose items.
- We keep the room at a safe, comfortable temperature.

Supervision

- Staff check babies every 10 minutes while they sleep to make sure they are safe and comfortable.
- Checks include watching their breathing, looking for signs of overheating and listening for any sounds of distress.

Do We Wake Babies?

We believe in letting babies sleep, but we may gently wake them if:

- End of the session
- A feed is due based on your instructions or medical advice.
- A nappy needs changing.
- They are sleeping in an unsafe position.
- A very late nap would disrupt their bedtime routine at home (in agreement with you).
- There are any health or safety concerns.

Working With Parents

- We follow your child's routine as closely as possible.
- You can update us anytime about changes to nap times, feeding schedules, or preferences.
- We will tell you about your child's naps each day.

Our Promise

Your child's safety and wellbeing always come first. We work with you to make sure their sleep at nursery supports their health, comfort, and routine at home.