



1. Purpose

This policy ensures all babies and young children are provided with a safe, comfortable, and consistent sleep environment in line with NDNA guidance, safe-sleep best practice and individual family preferences.

2. Principles

- The welfare and safety of babies during sleep is our highest priority.
- Babies will not be woken unnecessarily — we follow the principle: “Let sleeping babies sleep”, unless there is a specific welfare, health, or care need.
- All staff are trained in safe sleep practice and will carry out regular checks during sleep times.

3. Safe Sleep Environment

- Babies will be placed to sleep on their backs on a mattress on the floor
- Sleep spaces will be firm, flat and free of loose items (toys, pillows, cot bumpers).
- Room temperature will be monitored to prevent overheating.
- Each baby has their own sheets kept in a named bag and washed each week
- The preschool will not accept a sleeping child. The child must arrive awake for the staff to assess the child’s wellbeing, alertness or condition.
- The parent must gently wake the child before completing the handover and can then settle them safely back to sleep.

4. Supervision

- Staff will check sleeping babies at regular intervals (e.g. every 10 minutes) by:
 - Looking for normal breathing patterns.
 - Checking for signs of overheating or distress.
 - Listening for any unusual sounds.
- Checks will be recorded in the sleep log.

5. Waking Babies – When It May Be Necessary

Sleeping babies will only be woken if:

1. Feeding is due according to the child’s agreed routine, medical guidance, or parental instruction.
2. Nappy is soiled or soaked and may cause discomfort or health concerns.
3. Sleep is unsafe (e.g. baby has fallen asleep in an unsuitable position or unsafe environment).
4. Nap length interferes with overall routine, for example if a late nap will disrupt bedtime at home (in consultation with parents).
5. Health or welfare concerns are observed (e.g. irregular breathing, change in skin colour, distress, overheating).
6. End of the preschool day.

When waking is necessary, staff will do so gently, using a soft voice and light touch.

6. Parental Communication

- Parents will be asked about their child's home sleep routines and preferences when starting nursery.
- Parents can update staff on any changes to nap lengths, feeding intervals, or special requirements.
- Daily sleep records will be shared with parents, noting sleep times, duration, and any waking interventions.

7. Staff Training

- All staff must complete safe sleep training, including NDNA guidance and sudden infant death syndrome (SIDS) risk reduction practices.
- Policy will be reviewed annually or sooner if new guidance becomes available.