



28 Sleeping Babies and Children Procedures

Staff will work alongside the parents with regards to their child's sleeping patterns. Staff will reassure the child by gently speaking to them as they encourage them to take a rest and ensure they are given their own comforter if one is bought in from home.

- Children are placed down on their back in their own separate sleep space on a firm flat surface such as a cot or a firm, flat, waterproof mattress on the floor.
- Babies aged one year and under will only be placed to sleep in a cot.
- If a child sleeps in a Gro/sleep bag or with a special blanket/comforter etc we will ensure that this continues at nursery at parents request.
- In the cots each baby has their own clean sheet and lightweight bedding.
- A child sleeping in a cot is placed feet-to-foot at the bottom of the cot, with blankets firmly tucked in around the child below their shoulders
- Once a baby can move themselves from their back to their front and back again by themselves, they will be able to find their own sleeping position.
- Babies/children sleep in the main rooms behind a low wall within sight and sound of staff.
- We try to maintain a room temperature of 16-20°C - with light bedding.
- In the baby room staff check sleeping children/babies every 10-15 minutes including room temperature.
- A crying baby will be reassured and not left to get too distressed although we understand some parents wish their baby to learn to fall asleep by themselves.
- We record the time each child goes to sleep and the time that they wake up.
- Four evacuation cots are available and have easy access when needing to evacuate the baby room.
- Cots and mattress are checked regularly for wear and tear.
- Sheets and blankets are washed in non-bio washing powder
- Staff are made aware of manual handling best practice; this is then put into place when lifting the babies in and out of the cots.
- Babies maybe taken outside to sleep in evacuation cots during fine weather.
- Babies and children will not be put down to sleep in pushchairs unless the parent has said it is the only way they fall asleep or if the child is fighting sleep and becoming distressed. In this situation, we will ensure the Pushchairs back is led flat. When possible, the child will transition to their own separate sleep space on a clear, flat, firm surface such as a cot or suitable mattress on the floor, we will gradually wean the child away from this habit.
- Babies aged 12 months and under that fall asleep whilst out and about in a pushchair will be transferred to their cot once they return to the setting. Hats and extra clothing will be removed as soon as they come indoors even it means waking the baby.
- Children aged over 12 months that fall asleep whilst out and about in a pushchair will where possible, be moved to their own separate sleep space on a clear, flat surface such as mattress on the floor upon return. Coats, hats and blankets will be adjusted to prevent overheating.
- Staff must read NHS/Lullaby trust advice on sudden infant death syndrome (SIDS)

Cathy White
Manager
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