



29 Sleeping Babies and Children Procedures

At our setting, we recognise that every child has their own sleep pattern and needs. We work closely with parents and carers to provide a safe, calm and reassuring sleep routine that reflects each child's individual needs wherever possible.

Safe Sleeping

- Babies aged 12 months and under will always be placed to sleep on their back, in their own cot, on a firm, flat and waterproof mattress.
- Children over 12 months may sleep in their own separate sleep space on a firm, flat surface, such as a suitable mattress on the floor.
- Cots will have a clean, well-fitting sheet and appropriate lightweight bedding. Cot bumpers, pillows, wedges, straps, toys and loose bedding are not used.
- Babies will be placed feet-to-foot at the bottom of the cot, with blankets securely tucked below shoulder level.
- Parents are welcome to provide a well-fitting, appropriate Gro/sleep bag for their child.
- Hats and unnecessary outer clothing will be removed to help prevent overheating.
- We aim to maintain the sleep area at 16–20°C and will adjust clothing and bedding according to the temperature.
- Comforters brought from home may be used to help settle a child. These will be removed once a baby is asleep where appropriate. Dummies may be used in accordance with the child's usual routine.
- Once a baby can independently move from their back to their front and back again, they will be allowed to find their own sleeping position.

Supervision and Reassurance

Babies and children sleep in the main rooms, within the sight and sound of staff. Children are never left alone in a room while sleeping.

- Babies are physically checked every 10–15 minutes, including checking their position and the room temperature.
- Children aged over two are checked every 15–20 minutes.
- Sleep and waking times are recorded.
- Staff will gently reassure children who are settling to sleep or who wake upset. We will work with parents regarding their child's usual settling routine, while ensuring that children are not left unnecessarily distressed.

Sleeping Whilst Out

Children will not routinely be put to sleep in pushchairs. If a child falls asleep in a pushchair while out, staff will move them to their appropriate separate sleep space when practical.

For babies aged 12 months and under, this will be their cot on returning to the setting. Hats and unnecessary outer clothing will be removed, even if this wakes the baby.

For children over 12 months, staff will move them to a suitable firm, flat sleep surface where possible and adjust or remove coats, blankets and hats to prevent overheating.

In exceptional circumstances, where a child is very distressed or unable to settle in their usual sleep space, staff may allow them to settle temporarily in a pushchair with the back fully reclined. Staff will closely supervise the child and move them to a safer, appropriate sleep space as soon as possible.

Hygiene, Equipment and Evacuation

- Each child has their own clean bedding. Sheets and blankets are washed regularly using non-bio detergent.



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- Cots and mattresses are checked regularly for cleanliness, damage and wear and tear.
- Staff follow safe manual-handling procedures when lifting babies in and out of cots.
- Suitable evacuation cots are readily available to safely evacuate sleeping babies and may also be used outdoors during suitable weather conditions.
- Staff are familiar with current NHS and The Lullaby Trust safer-sleep and SIDS guidance and keep their knowledge up to date.

Our priority is always to provide children with a safe, comfortable and reassuring sleep environment while working in partnership with parents and carers.

Cathy White

Manager

September 2026