



Children's Safe Sleep Guidance for Staff

Reference:

EYFS Statutory Framework for group and school-based providers Page 40

Sleeping arrangements

3.84 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) – NHS (www.nhs.uk). Practitioners should read NHS advice on safety of sleeping babies: Reduce the risk of sudden infant death syndrome (SIDS) – NHS (www.nhs.uk).

DfE Safer Sleep Guidance <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>

If a child needs a short sleep during the session (no longer than 30 minutes) staff MUST make sure the following points are adhered to:

- Children MUST be placed down on their back in their own separate sleep space on a clear, flat, firm surface. This will be a mat on the floor
- Sleep spaces should only contain a firm, flat, waterproof mattress. If bedding needs to be provided this MUST be lightweight and firmly tucked in around the child no higher than their shoulders to prevent head covering
- The sleep area MUST NOT contain extra items such as toys, pillows, loose bedding, etc
- Children should not get too hot or cold - the recommended room temperature for babies (those aged 12 months and under) is 16 – 20° C.
- Children's heads are not covered
- Children are always within sight and hearing of staff when sleeping to enable regular monitoring
- Children that fall asleep whilst in a buggy should, where possible, be transitioned to their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor upon return. A lie-flat pram or lie-flat pushchair should not be their main separate sleep space
- Staff to ensure the safe sleep log is used to record sleeping times, position and checks