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Laugh 'N' Learn Nursery Safe Sleeping Policy

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Statement of intent

Laugh 'N' Learn Nursery understands the importance of sleep in a child's development and growth. Ensuring that a safe and comfortable sleeping environment is available for each child is one of the Laugh 'N' Learn Nursery's top priorities.

This policy underlines the Laugh 'N' Learn Nursery's approach to ensuring safe sleeping practices are maintained throughout the setting through robust staff training, regular risk assessing and open communication with parents and among colleagues.

These practices have been put in place to enhance the awareness of safer sleep and to eliminate the risk of sudden infant death syndrome (SIDS) caused by a lack of awareness of safe sleep practices.

The Laugh 'N' Learn Nursery welcomes any questions parents may have about safe sleep – please contact the Assistant Headteacher to raise any queries about safe sleep or concerns regarding the Laugh 'N' Learn Nursery's safe sleep practices.

Additionally, parents can find more information on safe sleeping practices via the following websites:

- [NHS - Safer sleep](#)
- [The Lullaby Trust](#)

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Children Act 1989
- The Childcare (Disqualification) and Childcare (Early Years Provision Free of Charge) (Extended Entitlement) (Amendment) Regulations 2018
- DfE (2024) 'Keeping children safe in education 2024'
- DfE (2024) 'Early years foundation stage statutory framework'

This policy also operates in conjunction with safe sleep guidelines published by The Lullaby Trust.

This policy operates in conjunction with the following Laugh 'N' Learn Nursery policies and documents:

- Laugh 'N' Learn Laugh 'N' Learn Nursery and Laugh 'N' Learn Preschool Child protection and Safeguarding Policy
- Early Years Health and Safety and Risk management Policy
- Laugh 'N' Learn Nursery Safe Sleeping Risk Assessment

2. Roles and responsibilities

The lead practitioner will be responsible for:

- Establishing and maintaining a safe sleep culture throughout the Laugh 'N' Learn Nursery.
- Ensuring that the importance of safe sleep is fully understood by all Laugh 'N' Learn Nursery practitioners.
- Ensuring that practitioners are well-trained and are clear on the procedures outlined in this policy.
- The overall implementation of this policy.
- Ensuring that safe sleep procedures are designed in accordance with guidance from the NHS, Lullaby Trust and EYFS statutory framework.
- Fostering a culture in which practitioners feel empowered to raise concerns about unsafe sleep practices.

- Carrying out a risk assessment of sleeping spaces and safe sleeping protocols and ensuring that this is regularly reviewed.
- Conducting regular audits of the Laugh 'N' Learn Nursery's sleep areas to ensure compliance with safety standards.
- Communicating with parents to ensure that each child's individual sleep patterns, routines and needs are met and liaising with Laugh 'N' Learn Nursery practitioners about this.
- Working closely with parents to share good practice and ensure that safe sleeping extends beyond the Laugh 'N' Learn Nursery.
- Ensuring practitioners are trained in paediatric first aid (PFA).

All Laugh 'N' Learn Nursery practitioners will be responsible for:

- Familiarising themselves with the procedures and practices outlined in this policy.
- Undertaking training relevant to the oversight of safe sleeping in Laugh 'N' Learn Nursery.
- Monitoring children during sleep to ensure they are safe and comfortable.
- Familiarising themselves with each child's sleep patterns, routines and needs.
- Ensuring that they are able to act on their training and are prepared to respond to emergencies.
- Being prepared to administer first aid if they are a PFA certified.
- Being aware of any children with medical or SEND requirements and how to meet their needs.

Parents will be responsible for:

- Communicating with the Laugh 'N' Learn Nursery regarding their child's sleep patterns, routines and needs.
- Ensuring they are contactable whilst their child is at the Laugh 'N' Learn Nursery.
- Familiarising themselves with safe sleep guidelines.
- Ensuring safe sleep practices continue in their child's home.

3. Ensuring a safe sleep space

When considering the creation of a safe sleeping space in the setting, practitioners will maintain an awareness of both the physical and emotional aspects that ensure a safe and comfortable sleeping environment for children.

Practitioners will have a good understanding of each individual child's sleeping routines and needs.

Prior to every child being placed to sleep, a risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure.

Practitioners will carry out daily checks on the condition of cots, mattresses and sleeping equipment and take action if they are damaged or unsafe to use.

Practitioners will ensure that sleeping spaces are clear of items such as loose bedding, toys and pillows to minimise the risk of choking or smothering.

The room temperature will be monitored using a room thermometer; practitioners will ensure that the temperature is maintained between 16 and 20 degrees Celsius.

Laugh 'N' Learn Nursery practitioners will ensure that the sleeping environment is free from noise as far as is reasonably practicable.

The sleeping environment will be spacious, well-ventilated and arranged to allow for clear supervision.

To ensure that the sleeping space is safe and comfortable, practitioners will check that:

- No bibs, dummies with clips, or bottles are left with sleeping children.
- Cots are not placed in the vicinity of any hazards such as cords or objects that could fall into a child's sleeping space.
- Only approved cots and sleep mats are being used.
- Children have finished feeding before being placed to sleep. Babies/young children are never left alone with a bottle/feeding cup to self-feed.
- No pillows or duvets are used.
- There are no soft toys or comforters placed with a child whilst they are sleeping.
- No weighted or bulky bedding is used.
- No products designed to keep a child in one sleeping position are used, e.g. wedges or straps.

- No pods or nests, rolled up towels or anything soft is placed on top of the mattress.
- Only sleep babies in prams/buggy if this is agreed in advance, the buggy lies flat and parents' have given written consent.
- Ensuring every baby/ young child is provided with clean bedding.
- Transferring any baby/ young child who falls asleep while being nursed/ at mealtime or during play to a safe sleeping environment.
- Having a no smoking policy to ensure babies/ young children are not subject to passive inhalation of smoke fumes.

4. Sleeping positions

Practitioners will be clear on the correct sleeping positions for children and the association between SIDS and incorrect sleeping positions.

Practitioners will ensure that:

- Children are placed to sleep on their back – unless the parent has been advised otherwise by a medical professional.
- Airways are kept open. Children keep their chins off of their chest and sleep in a position that allows for an open airway.
- Sleep surfaces are kept flat and are not inclined, tilted or propped.
- Babies are placed with their feet at the foot of the cot.
- Babies/young children sleeping in a separate sleep room are never left unsupervised.
- Where a child has a dummy, check it is not obstructing the babies/ young child's breathing, as good practice, we will remove the dummy once the child is asleep.
- Where a practitioner has any concerns regarding the safety of a child's sleep pattern or routine, they will ask questions and take action.
- Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary
- If a child falls asleep in a sitting position, a practitioner will ensure that they are moved onto a flat, firm surface to sleep on their back with a clear airway.

Practitioners will be aware that children will be at different developmental stages and that some children will possess the ability to move around in their sleep. If a baby has rolled onto

their tummy, advice from Lullaby Trust advises, initially you should gently place them onto their back again.

Where children are able to move or roll independently whilst sleeping, they will not be repositioned unless they have done so in a way that is disrupting their ability to breathe or is otherwise potentially harmful. Staff will understand that moving and rolling during sleep is an important part of a child's development and that repositioning may disturb their sleep and/or comfort.

If a child can only roll one way on their own, practitioners will reposition them to their back if they roll onto their stomach during sleep. Practitioners will be aware that children will learn to move freely overtime and will keep track of each child's movability during sleep through observation and liaison with parents. Practitioners will provide supervised time for them to play on their tummy while they are awake will help us assess when they can safely roll from back to front.

Where a child does fall asleep in a buggy and cannot be moved to a safe sleep space, perhaps when attending a group or on an outing, you should ensure:

- The buggy is placed next to / backs onto a wall to reduce the risk of tipping over.
- You can see and hear the child at all times.
- Children playing nearby are not able to climb onto the buggy or into the buggy shopping basket.
- The period of time the child sleeps in a buggy is kept to a minimum and they are transferred to a safe sleeping position as soon as possible.

Providing shade for infants sleeping in a buggy or pram:

- Do not cover a buggy with a blanket or cloth to reduce the light to encourage sleep or to provide shade, this raises the temperature significantly inside the buggy and increases the risk of babies and children overheating.
- The use of a blanket or cloth to cover the buggy also restricts the view of the baby or young child.
- Only use sunshades that are manufactured specifically for use with a baby or young children. If using a parasol, remember to reposition the buggy or parasol as the sun moves, to ensure the child remains in the shade.

Where an older child falls asleep during play for example, in the home corner/quiet place practitioners will need to consider:

- Are they at risk of harm in the place they have fallen asleep – can you make the environment safe without moving the child?
- Is it safe for both the practitioner and the child to physically move the sleeping child considering their size, weight etc.
- Consider waking the child to support them to move to a safe sleep space e.g. onto a mattress.

5. Medical needs

Practitioners will be familiar with children's individual health care plans and the associated hazards applicable to each child's medical condition.

Practitioners will be able to use their training in responding to signs of distress or breathing difficulties that may arise during a child's sleep.

Practitioners will be aware of any children taking medication and how this may impact their sleep patterns or create additional risks.

Only practitioners with the appropriate training will administer medication and they will have a strong understanding of the procedures for dealing with the associated medical emergencies.

Practitioners will be aware of any children who may be at higher risk of SIDS, e.g. if the child was premature or of low birth weight.

6. SEND considerations

Practitioners will be aware of the additional sleep support that may be required for children with SEND.

The Laugh 'N' Learn Nursery will make reasonable adjustments to ensure that a safe and comfortable sleeping environment is available for children with SEND, this may include:

- Using specialist equipment or bedding or children with mobility issues.
- Providing additional supervision for children with breathing difficulties or sensory issues that may affect their sleep.
- Implementing sleep routines that cater to the individual needs of children with SEND.

Practitioners will receive training on the use of any specialist equipment required for use by children with mobility issues.

7. Communication

The Laugh 'N' Learn Nursery will work with parents in order to raise awareness of the importance of safe sleeping practices for small children and to promote safe sleep practices that extend beyond the Laugh 'N' Learn Nursery.

The Laugh 'N' Learn Nursery will involve parents in discussions about their child's sleep environment and ensure that the specific needs of their child are met and understood. The lead practitioner will gain a comprehensive understanding of each child's specific sleeping routines, needs and requirements and will assess the specific risks associated with any of these arrangements.

When interacting with parents about safe sleep, practitioners will focus on:

- Ensuring that they have a strong understanding of each child's sleep experiences and any changes in this area.
- Acting on any communication received from parents about their child's sleep needs or issues in sleeping patterns.
- Providing support and guidance about safe sleep practices where any questions have been raised.

All practitioners will ensure that there are ongoing discussions to help ensure that all children's sleep needs and any specific requirements are consistently met.

Staff with enhanced seniority or experience will be expected to provide guidance and support to newer colleagues, ensuring that they are well-aligned with the Laugh 'N' Learn Nursery's approach to safe sleeping by offering advice on aspects such as sleep checks and handling the specific needs of each child.

The setting will encourage open communication regarding safe sleeping practices; any staff member or parent should feel confident in asking questions or raising concerns about the Laugh 'N' Learn Nursery's practices.

Colleagues will support each other and provide feedback and guidance on safe sleep practices whilst promoting a supportive culture in which all practitioners feel confident in their responsibilities.

8. Supervision

Sleeping children will be frequently checked to ensure that they are safe. Practitioners will ensure that cots and bedding are in good condition and suited to the needs of each child.

Children will never be left in the room alone whilst they are sleeping. Laugh 'N' Learn Nursery will ensure that the correct adult-to-child ratios are used during nap times to ensure adequate supervision.

Supervision will not involve children being continuously watched whilst they are sleeping; however, practitioners will remain in close proximity at all times to check up on each child and respond to any basic needs or emergencies.

When monitoring the baby/young child's welfare, we will look for the rise and fall of the chest and if the sleep position has change and to ensure that they are comfortable.

When a child awakes from their sleep, a practitioner will swiftly come to attend to them and remove them from the sleeping area.

9. Emergencies

In the unlikely event that an emergency event unfolds whilst a child is sleeping, practitioners will utilise their training to take prompt action.

All practitioners will be able to recognise a situation in which emergency procedures need to be followed and will be trained to recognise signs of distress or breathing difficulties. In the event of an emergency occurring during children's sleep, practitioners will take a rapid response and follow Laugh 'N' Learn Nursery's emergency procedures.

Laugh 'N' Learn Nursery will ensure that emergency evacuation cots are available and that every member of staff understands the emergency evacuation procedures.

At least one PFA certified practitioner will be present at all times to deal with emergency situations when they unfold. A list of staff who have a current PFA certificate will be available to parents to view.

Only PFA certified practitioners will be permitted to provide first aid, including sleep related first aid such as breathing difficulties and seizures.

The emergency services will be contacted as part of Laugh 'N' Learn Nursery 's emergency response.

10. Monitoring and review

This policy will be reviewed by the lead practitioner as required and at least annually.

The next scheduled review date for this policy is June 2026.