



MELISSA'S CHILDCARE

SAFER SLEEP POLICY

Purpose

We are committed to providing a safe, comfortable and nurturing environment for children who need to sleep or rest during their time in my care.

I recognise that safer sleeping arrangements are an important part of safeguarding and welfare, particularly for babies and children under two years of age.

This policy follows the Early Years Foundation Stage statutory framework for childminders effective from 1 September 2026 and the Department for Education's safer-sleep guidance.

Babies and Children Under Two

Children under two years of age will be placed down to sleep safely.

They will:

- be placed on their back to sleep;
- have their own separate sleep space;
- sleep on a firm, flat surface;
- be kept within sight and hearing while sleeping;
- be frequently checked while sleeping.

Babies Aged 12 Months and Under

Babies aged 12 months and under will only be placed to sleep in a cot.

For the purposes of the EYFS, a cot includes:

- a cot;
- a carrycot;
- a Moses basket; or
- a travel cot.

Floor beds, coracles and sleep pods do not meet this requirement for babies aged 12 months and under.

Sleep Space

For children under two, the sleep space will contain only appropriate items.

The sleep space will have:



- a firm, flat, waterproof mattress; and
- lightweight bedding firmly tucked in below the child's shoulders, where bedding is used.

Alternatively, a well-fitted baby sleep bag may be used in accordance with the manufacturer's instructions.

Cots will not contain:

- toys;
- pillows;
- loose bedding;
- extra blankets;
- cot bumpers;
- wedges; or
- straps.

Children's heads will not be covered.

Where a blanket is used, the child will be placed feet-to-foot at the bottom of the cot and the blanket will be tucked in.

Temperature and Clothing

Children will be dressed appropriately for the room temperature and individual circumstances.

For babies aged 12 months and under, the recommended room temperature is **16–20°C**.

I will check babies and children for signs that they are too hot or too cold and adjust clothing or bedding where necessary.

Supervision and Checks

All sleeping children will remain within **sight and hearing** of Melissa or an assistant.

Children will be frequently checked while sleeping.

Babies under six months will always have an adult in the same room for every sleep.

For children over six months, a baby monitor may be used where appropriate, provided it allows the child to be seen and heard at all times.

A baby monitor does not replace appropriate supervision and frequent checks.



Sleeping Position

Babies will always be placed on their back to sleep.

Once a baby can move independently from their back to their front and back again, they may find their own sleeping position.

However, I will continue to place the baby on their back when putting them down to sleep.

Sleeping While Travelling

If a baby aged 12 months or under falls asleep while travelling, they will be transferred to their cot when they return to the setting.

If a child over 12 months falls asleep while travelling, they should, where possible, be transferred to their own separate sleep space on a clear, flat and firm surface when they return.

A lie-flat pram or lie-flat pushchair will not be used as the child's main separate sleep space.

If any baby or child falls asleep in a car seat, they will be transferred to their separate sleep space as soon as they return to the setting.

Individual Sleep Arrangements

Before a child starts attending Melissa's Childcare, parents/carers will be asked about the child's normal sleep routine and any relevant individual needs.

Information will include, where appropriate:

- usual sleep patterns;
- settling routines;
- comfort routines;
- relevant medical or developmental needs;
- information about the child's sleep environment at home; and
- any professional advice relevant to safer sleep.

Parents/carers will be informed of the setting's safer-sleep arrangements.

Sleep Records and Communication

Where appropriate, sleep times and relevant sleep information will be recorded as part of the child's daily care records.

Parents/carers will be informed of any significant concern, incident or change relating to their child's sleep.



Sleep Equipment

Sleep equipment will be:

- suitable for the child's age and size;
- maintained in good condition;
- used in accordance with the manufacturer's instructions; and
- checked regularly for safety.

Where appropriate, equipment will meet relevant product-safety standards.

Safeguarding

Any concern about a child's sleeping arrangements, sleep environment or an adult's conduct during sleep supervision will be managed in accordance with the Safeguarding and Child Protection Policy.

Review

This policy will be reviewed if the EYFS framework, Department for Education safer-sleep guidance, product-safety requirements or the needs of children attending Melissa's Childcare change.

Related policies: Safeguarding & Child Protection Policy; Health & Safety Policy; Accident & Emergency Policy; Pet Policy.

