ACLET CLOSE NURSERY SCHOOL

SLEEPING POLICY

1. Policy Statement / Purpose

1.1

At Aclet Close Nursery School we ensure the health, safety and well-being of our children through the following:

2. Procedure

2.1: All sleeping equipment, i.e. cots, mattresses, coracle sleeping mats will be checked regularly when being used.

2.2: All rooms will change bedding weekly, and after each sleep children's bedding will be stored in individual bags ready for their next sleep.

2.3: Cots, mattresses, and beds are cleaned weekly.

2.4: Cot mattresses must meet safety standards

2.5: No child will be given pillows, cot bumpers or any soft furnishings in order to prevent risk of suffocation.

2.6: Children will not be left to sleep in pushchairs or baby bouncers as their backs are not fully supported in this equipment whilst sleeping

2.7: We follow all cot death guidelines and advise parents of this information. Babies will always be laid to sleep on their back, with their feet touching the foot of the cot

2.8: Sheets or thin blankets will come no higher than the baby's shoulders, to prevent them wriggling under the covers. We make sure the covers are securely tucked in so they cannot slip over the baby's head

2.9: Cots will be checked before use to ensure no items are within reach i.e. hanging over or beside the cot (e.g. fly nets, cables)

2.10: Babies sleeping outside will have appropriate shade / blankets according to the weather conditions.

2.11: Children sleeping on coracle mats to not have head near a radiator. The mat/s also will not to be placed on/ next to a radiator.

2.12: Children to be checked to have no food in mouths and not to be putdown to sleep straight after meals.

2.13: Sleeping children will be supervised at all times. Removal of layers depending on room temperature, and the removal of shoes.

2.14: Checks on all sleeping children will be completed every 15 minutes. These are to be documented with the time and staff initials on the sleep check form.

2.15: Nursery will not accept a sleeping baby, parents/carers will be asked to stir baby before handover.

2.16: Child to be placed on a sleeping mat flat on the floor.

2.17: If holding a child who is asleep ensure airways are checked and chin up.

2.18: Children over 12 months who have a cough, a flat cushion may be placed under the mattress to elevate it to allow the child to sleep comfortably.

2.19: No soft, thick, squishy bedding to be used to prevent suffocation.

2.20: Soft toys, comfort blankets etc will be removed once child is asleep.

2.21: Babies under 12 months will be placed in a cot to sleep – following Safer Sleep guidance (Dfe)

Related Documents:

Child Protection Policy

https://www.nhs.uk/start-for-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep advice-for-babies

Date: Oct 2025, Oct 2026

Date to be reviewed: October 2026, October 2027