



Safer Sleep Policy

Statement of Intent:

At Bardfield Montessori, we operate a Safe Sleep Policy that specifies a 'back to sleep' position. Our policy requires that the key person discuss the Safe Sleep Policy with a child's parent or guardian prior to them starting. All staff working in our nursery are required to receive induction training on safe sleeping.

When sharing safer sleeping with parents, the following will be discussed:

- Discussion about the baby's sleep position at home and daily sleeping routines
- Explain how the 'back to sleep' position is implemented to reduce the risk of Sudden Infant Death Syndrome (SIDS). Further information about SIDS can be found at [Sudden infant death syndrome \(SIDS\) - NHS](#)
- Tell the parents or guardians that 'back to sleep' is recommended by The Lullaby Trust (formerly known as the Foundation of Sudden Infant Death Syndrome)
- Inform parents or guardians that even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side.
- The Lullaby Trust recommends babies are placed on their backs to sleep, but when they can easily turn over from back to stomach, they can be allowed to adopt whatever position they prefer.
- Some babies with medical conditions are advised by doctors to not be placed on their back to sleep. Parents will be required to provide a note from the doctor that specifies the sleeping position and all staff will be notified.
- The Lullaby Trust recommends that using a dummy at the start of any sleep period can reduce the risk of SIDS.

Sleep room procedures

- All babies are laid on their backs, with their feet to the bottom of the cot.
- Bedding is allocated to each child which is named, this is stored in the cupboard when not in use and cleaned at least once a week.
- We use fitted sheets that are securely placed to the mattress.
- At Bardfield Montessori, we have double height cots, babies are placed to sleep in the top cot to sleep. At around 15 months, they transition to the lower cot bed.
- Older children use floor beds.

- Blankets are provided by the nursery for each child. When used, these are placed over the legs and lower body only. Baby's heads will not be covered with blankets or bedding.
- Parents can provide a sleeping bag for their child, which is in good condition and fit for purpose. This will be washed regularly.
- Pillows will not be used at Bardfield Montessori.
- Visual supervision is always required. Wherever possible, two members of qualified staff will be in the sleep room with the children.
- At least every 10 minutes, staff will visually check on the children, looking for the rise and fall of the chest and that nothing is obstructing airways.

Camera monitors are used for individual children when sleeping during the morning. They are regularly checked in person by an adult.

- Steps will be taken to keep the babies and children from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the children.
- The room temperature will be kept between 16-20 degrees.
- In the warmer summer months, an air conditioning unit is used to keep the room at a cool enough temperature.
- We encourage independence and self-regulation, by allowing babies and children to settle themselves to sleep and wake in their own time.
- For babies and children who struggle to self-regulate, staff will sit alongside them, gently rocking or soothing to support them to settle to sleep.
- The sleep room maintains a calm environment with blackout blinds, soft music/white noise and gentle lighting.

No smoking is permitted on the premises. Any staff member who smokes, will ensure that their clothes and breathe do not smell of smoke when caring for babies or any other children within the nursery.

Dummy advice:

- Wait until breastfeeding is well established before introducing a dummy – usually when your baby is around 4 weeks old.
- Use an orthodontic dummy as these adapt to the baby's mouth shape.
- Make it part of the sleep routine - offer the dummy for every sleep. Don't force your baby to take a dummy, if they spit it out don't worry about putting it back in.
- Avoid using neck cord and dummy attachments as these can be dangerous.
- Try to not offer the dummy during awake time.
- Gently stop using the dummy between six and 12 months to avoid problems caused by longer term use, such as misaligned teeth.

In addition, the following procedures and documentation in relation to health and safety are in place:

Policies:

- Risk Assessment
- Settling into Nursery
- Partnership with Parents
- Health and Safety

Guidance:

- The Lullaby Trust (2025)
- NHS – Safer sleep advice for babies – Start for Life
- Public Health Agency – Promoting Safer Sleeping for Infants Guidance for Practitioners – March 2019
- The Statutory Framework for the Early Years Foundation Stage 2025