



Sleep policy

Date: 07/04/2026

Sign: Sam Norris

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Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep. PlayDay Nursery will practice the following sleep policy: FSIDS recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they preference when the baby turns onto his/her side or stomach.

- FSIDS recommends that using a dummy at the start of any sleep period reduces the risk of cot death. If a dummy forms part of your child's sleep routine, it will always be used at sleep times. FSID recommends that the dummy should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, considering children's emotional needs.
- Babies to be placed on their back in their own clear, firm flat space.
- Visual supervision is always required. One staff member will check on the babies/children every 10 minutes, and a member staff will be always in the room. They will then record the sleeping position.
- If a child is under the age of 6 months, they must be always supervised.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 16-20 degrees.
- Babies aged above 6 months will sleep in the dream beds placed on the floor. Children in the Cubs & Bears room have a sleep mat and labelled sheet and blanket.

- Baby's heads will not be covered with blankets or bedding; babies cots will not be covered with bedding.
- Loose bedding, pillows, bumper pads etc, will not be used in cots.
- Awake babies will be given supervised "tummy time".
- Toys and stuffed animals will not be allowed in the child's cot.
- A safety approved cot with a firm fitting mattress and tight-fitting sheet will be used.
- Children will sleep at alternate ends.
- Children are allowed comforters from home .
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breathe do not smell of smoke when caring for babies or any other children within the nursery.
- Children are checked every ten minutes, and this is recorded on our sleep charts, however a member of staff is to be in the sleep room at all times.
- Minium sleep time is an hour, this is following on from NHS sleep times of required hours needed with a 24hr period.
- We here at PlayDay are happy to gently try and wake a child however if we feel this is to the determent of the child, and they are not wanting to wake we will note and advise parents at the end of the day.