

"This policy comes under the umbrella of Safeguarding"



St Nicolas Playgroup

Safe Sleep Policy

1.0 Introduction

At St Nicolas Playgroup, we operate a Safe Sleep Policy that specifies the 'back to sleep' position. Our Policy requires that the Key person discuss the Safe Sleep Policy with the child's parent or guardian before admission. Parents must sign a statement that they have received a copy of this policy and that it has been discussed with them. All key persons working in the setting are required to receive induction training on the Safe Sleep Policy.

When introducing or sharing the policy with the parents, the following will be discussed:

- Ask about the baby's sleep position at home.
- Explain the settings 'back to sleep' position that is implemented to reduce the risk of SIDS.
- Tell the parents 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.
- Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby is placed on his/her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position; this note will be placed in the sleep area above where the child sleeps.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the FSIDS and the National Back to Sleep Campaign.
- Review of the Baby Safe Sleep Policy.
- Lullaby Trust UK.

2.0 Safe Sleep Policy

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 the babies safer while they sleep, this Playgroup will practice the following Safe Sleep Policy:

- All key persons will receive training on our Infant Safe Sleep Policy and SIDS risk reduction.
- Babies will always be placed on their backs to sleep, unless a signed sleep position medical waiver is on file. A copy of the waiver will be placed in the baby's sleep area.



- FSID recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with the key person your preference when the baby turns onto his/her side or stomach.
- FSID recommends using a dummy at the start of any sleep period to reduce 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, taking into account children's emotional needs.)
- Visual supervision is required at all times. At least every 10 minutes, the key person or any member of staff will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check. We will be especially alert to monitoring a sleeping baby during the first few weeks the baby is in our setting.
- Steps will be taken to keep babies from becoming too warm or overheating by regulating the room temperature, avoiding excess bedding, and not overdressing or overwrapping the baby; room temperature will be kept between 16-20°C.
- All babies must sleep on an approved surface. Babies may not sleep in a nesting ring, car seat, bouncy chair, etc.

Research from The Scottish Cot Death Trust (2004) and Lullaby Trust UK has advised that cot death can occur (rarely) when using car seats, bouncing chairs, and buggies when the baby's head drops and causes suffocation. Car seats and buggies do not allow the child to move comfortably when sleeping and cannot be cleaned effectively. It needs to be clear from the outset and included in the policy, the setting's position on this.

- Laid feet to foot end of bed/cot, head not at the top.
- The baby's head will not be covered with blankets or bedding.
- Loose bedding, pillows, bumper pads, etc., will not be used.
- Sleeping children will not be woken unless there is an emergency or going home.
- Awake babies will be given supervised "tummy time."
- Toys and stuffed animals will not be near the child when sleeping.
- A safety-approved sleep mat with a tight-fitting sheet will be used. These will be cleaned daily and sanitised between children. The babies will all have their own cellular blanket, which will be cleaned weekly and changed as often as required.
- No smoking is permitted on the premises, and key persons who smoke will ensure that their clothes and breath do not smell of smoke when caring for babies.
- All parents of babies cared for in this playgroup will receive a copy of our safe sleep policy before admission.
- All parents of babies cared for in this setting will be asked to sign to confirm that they have received, read, and understood the Safe Sleep policy and that their child's Key Person or Nursery Manager has discussed the policy with them.



3.0 Entry to the setting

When bringing your child into the playgroup, please ensure that the child is awake and reactive. We will refuse entry if the child is asleep when you bring them in.

4.0 Annex 1 - Parental Information on Safe Sleep Policy

The following annex will be issued to and discussed with all parents of babies before admission.

Policy adopted on 20/08/2025

This policy was reviewed by:	The Manager	Signed
On:	Date: 21 August 2025	VE Evans
Date of next review:	Date: 21 August 2026	

St Nicolas Playgroup
The Reading Rooms
Taplow Village Centre
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Berkshire
SL6 0EX



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I, the undersigned parent/guardian of _____ (child’s name) do hereby state that I have read and received a copy of the Safe Sleep Policy and that my child’s key person (or Manager) has discussed the Policy with me.

Child’s Date of Admission: _____

Parent/Guardian Signature: _____

Date: _____