



Safer Sleeping Policy

Purpose

Abi Nursery ensures that children rest and sleep safely while attending the nursery.

Safe sleeping arrangements reduce the risk of accidents and support children's wellbeing.

Safe Sleep Environment

Children will sleep in a safe and comfortable environment appropriate to their age.

For babies this includes:

- placing babies on their **back to sleep**
 - ensuring cots are clear of loose bedding, toys or pillows
 - maintaining appropriate room temperature
 - ensuring cots meet safety standards.
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Supervision

Sleeping children will be checked **regularly by staff**.

Staff will ensure children are:

- breathing normally
- comfortable
- sleeping safely.

Sleep checks will be recorded where appropriate.

Individual Sleep Needs

Sleep routines will be discussed with parents to ensure the child's individual needs are met.

Staff will follow agreed sleep arrangements where possible.

Safety

Children will never be left unattended.

Staff will ensure sleeping children remain within **sight or hearing distance** at all times.