



## Developing a procedure for sleeping children and babies

**Sleeping children must be frequently checked. – Statutory Framework for the Early Years Foundation Stage 2024, point 3.69 CM & GP**

**The policy should include:**

- The areas used to accommodate sleeping children, where these are located and how they are easily accessible.
- How allocated sleep areas are cosy and inviting for children, but at the same time not over stimulating
- How the setting ensure bed linen is clean and changed every time in order to reduce the risk of cross contamination, for e.g. does each child have their own bedding and is this provided by the parents or setting. How often is the bed linen washed and who holds the responsibility for ensuring this happens?
- The setting must ensure that appropriate cots are used (in line with British Safety Standards) and that children are not at risk of strangulation through mobiles and loose drapes, cot bumpers, dummy chains, bibs etc.
- Staff must be aware of the legislation around sleeping babies, for e.g. feet to the bottom of the cot and how they eliminate the risk of Sudden Infant Death Syndrome (SIDS), this should also include putting babies down to sleep on their backs [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)
- The information the setting present to parents in order to support safe sleeping in the home environment including how co-sleeping should be discouraged – please refer to the parents leaflet on [Co-sleeping with your baby: advice from The Lullaby Trust - The Lullaby Trust](#)
- The temperatures in the sleep areas should be maintained and appropriate to meet the needs of the children. Temperatures should be measured and monitored using accurate thermometers. In order to ensure good practice, temperatures should be regularly recorded. The sleeping areas temperature should be between 16 – 20C.
- Sleeping babies must be checked at regular intervals and such checks must be recorded and signed by the staff member carrying out the checks. The setting must ensure that all checks are formally recorded as evidence. The setting will need to consider the regularity of checks under specific circumstances, for e.g. children who are feeling under the weather, in these circumstances it is down to the professional judgement of the staff as to whether the child is well enough to remain at the setting. If a baby monitor is used either audio or visual, practitioners should still carry out physical checks and document this.
- What is the settings procedure for children sleeping in pushchairs and car seats?
- Wherever possible sleep care routines should always meet the individual needs of the children.
- For further details of safe sleeping procedures please see the professional leaflet at: [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

**The policy should be reviewed:**

- Following any occasion when any part of the procedure has been implemented.
- Whenever changes to legislation are produced.
- At least annually.
- If any changes are made to the policy when reviewed the staff and parents need to be informed.

**The policy can be read and developed alongside the safe sleep 1 minute guide.**

**This information is provided for guidance only. It is your responsibility to ensure that all statutory legal guidance is adhered to. Consideration needs to be given to any changes in legislation subsequent to the production of this information.**