

Twyford Playgroup Safe sleep policy

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Reviewed – September 2026

Signed by Manager – Rachel Knott

Signed by chair of committee – Pamela Lawrence

Review dates – September 2027

Introduction

At Twyford Playgroup we aim to ensure that all children have enough sleep to support their development in a safe environment.

The safety of our children when sleeping is paramount. Our policy follows the advice provided by the NHS and The Lullaby Trust to minimise the risk of sudden infant death syndrome. We make sure that:

- Children are always placed on their backs to sleep,, but where our children can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep. Children's heads must NEVER be covered.

- Children are never put down to sleep with a bottle to self-feed
- Children are placed with their feet at the bottom of the bed/sleep mat
- Children will use either a sleeping sack (provided by parents) or will be covered with a blanket which is tucked in to either side to prevent wrapping.

The use of pillows or aids that lift the head are strictly prohibited.

- Children are monitored visually when sleeping. Physical checks are made at least every 10 minutes for breathing. These checks are recorded on a sleep chart for recording the time and name of the person carrying out the checks.

A 10 minute timer will be set on the Alexa to make staff aware of check times.

- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the baby, particularly around the lips and fingers.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we ensure that this remains between 16 and 20 degrees)

To check if a child is too hot or cold, feel their chest or the back of their neck (hands and feet will usually be cooler, which is normal). If their skin feels clammy or sweaty, remove one or more layers of clothing or bedding. You should use your professional judgement during extreme temperatures.

- Using clean, light bedding/blankets and ensuring all children are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved beds or other suitable sleeping equipment (i.e., mats) that are compliant with British Standard regulations, with a clean fitted sheet
- Keeping all spaces around beds/ mats clear from hanging objects i.e., hanging cords, blind cords, drawstring bags.
- Ensuring every child is provided with clean bedding.
- Transferring any children who falls asleep to a safe sleeping surface to complete their rest.
- Having a *No Smoking Policy*

We ask parents to provide information on their child's sleeping routine with the child's Key Worker when the child starts at playgroup on the initial paperwork, and these are reviewed and updated appropriately. If a child has an unusual sleeping routine or a position that we do not use in the setting i.e., babies sleeping on their tummies, we will explain our policy to the parents and inform them that we will be 'back-sleeping' their child unless there is written evidence of advice from a trained medical specialist to direct us otherwise.

We recognise parents' knowledge of their child with regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. When it is a parent's wish to wake a child after a period of time, staff will work with parents and offer advice as to what they think is best for the child.

When parents request for their child to have a sleep, they will be laid down on a bed or sleep mat (depending on which the parent prefers) after lunch with a staff member sitting with them until they fall asleep. If after 30 mins they have not fallen asleep, they will be allowed to get up and continue with their play.

If a child falls asleep later in the day and parents have requested they are not to sleep after a particular time, staff will allow the child to sleep for a period of up to 45 mins before trying to gently wake them.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.