



SAFER SLEEP POLICY

Fulham's Angels Nursery
For babies and children from birth to 5 years

Policy owner	Venus Besharati - Manager / DSL
Effective from	1 September 2026
Review date	31 August 2027, or sooner if guidance changes
Applies to	All staff, agency staff, students and volunteers

Policy status: This policy is designed to align with the statutory EYFS requirements for group and school-based providers taking effect on 1 September 2026 and Department for Education safer-sleep guidance developed with The Lullaby Trust. Ofsted does not individually approve nursery policies; compliance depends on the setting meeting statutory requirements in practice.

1. Purpose and commitment

Fulham's Angels Nursery is committed to providing a safe, comfortable and appropriately supervised sleep environment for every baby and child. Safe sleep practice is followed for every sleep and nap, regardless of its length or the time of day.

This policy aims to reduce the risk of Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Death in Childhood (SUDC), suffocation, entrapment, overheating and other sleep-related accidents, while respecting each child's individual sleep needs.

2. Core safer sleep rules

- Back to sleep: children under 2 will be placed down to sleep on their back, unless written medical advice requires a different position.
- Separate sleep space: each child will have their own separate, clear sleep space on a flat, firm surface.
- Babies aged 12 months and under: must only be placed to sleep in a cot, carrycot, Moses basket or travel cot suitable for sleep and used according to the manufacturer's instructions.
- No floor beds, coracles or sleep pods for babies aged 12 months and under.
- Clear cot: no pillows, duvets, cot bumpers, soft toys, nests/pods, wedges, positioners, straps, loose objects or unnecessary items.
- Mattress: firm, flat, waterproof, in good condition and correctly fitted.
- Head and face uncovered: no hats indoors and no bedding or clothing covering the head.
- No sofa, armchair or soft-furniture sleep and no co-sleeping with staff.

3. Bedding, sleep bags and positioning

For children under 2, the sleep space will contain only a firm, flat, waterproof mattress and appropriate lightweight bedding, or a well-fitting baby sleep bag used in line with manufacturer guidance.

- If a blanket is used, the child will be placed feet-to-foot at the bottom of the cot and the blanket firmly tucked in, no higher than the shoulders.

- Bedding will be lightweight, clean, suitable for the room temperature and managed hygienically.
- Baby sleep bags must fit correctly around the neck and arms and be the correct size and tog for the child and temperature.
- Babies are always initially placed on their back. If a baby can roll independently and rolls during sleep, staff will keep the sleep space clear and continue monitoring rather than repeatedly repositioning the baby.

4. Room temperature and preventing overheating

The recommended room temperature for babies aged 12 months and under is 16-20°C. A room thermometer will be used in the sleep area and the temperature recorded during sleep monitoring.

- Sleep spaces will be away from radiators, heaters and direct sunlight.
- Babies will not sleep indoors in hats, coats, snowsuits or excessive layers.
- Staff will assess warmth by feeling the baby's chest or back of the neck; hands and feet are not a reliable guide.
- If a child feels hot, clammy or sweaty, staff will remove a layer, reassess the environment and continue close monitoring.
- If the room cannot be kept safe and comfortable, the manager will risk-assess and may relocate sleep, adjust clothing/bedding, increase monitoring or stop using that sleep area.

5. Supervision and sleep checks

- Babies under 6 months: an adult must always be in the same room for every sleep.
- All sleeping children: must be within sight and hearing of staff and checked frequently.
- A baby monitor may support supervision for children over 6 months where it allows them to be seen and heard at all times; it never replaces staff checks.
- Staff will observe sleep position, breathing, skin colour, temperature/comfort, bedding and the safety of the sleep space.
- Fulham's Angels will use a routine check interval of at least every 10 minutes, with more frequent or continuous observation where the child's age, needs or risk assessment requires it.
- Movement mats or electronic devices will not replace direct staff observation.

6. Sleep records

A sleep record will be maintained for each sleep period, including the child's name, date, time placed to sleep, sleep position, room temperature, check times/observations, time waking and staff initials/signature. Concerns or unusual observations will be recorded and reported to the manager and parent/carer.

7. Individual sleep needs and parent information

Parents/carers will be asked about the child's normal sleep routine, usual sleep times, comfort needs, medical needs and relevant changes. Individual routines will be supported only where compatible with current safer-sleep requirements.

- Unsafe parental requests will not be implemented; staff will explain the nursery's duty to follow the EYFS and safer-sleep requirements.
- A medically required alternative position or arrangement must be supported by clear written advice from an appropriate health professional and an individual risk assessment.
- Children who are unwell, unusually sleepy, feverish or showing breathing difficulties will be assessed promptly and the nursery's illness/emergency procedures followed.

8. Cots, mattresses and equipment

- Equipment will be age/size appropriate, stable, clean, in good repair and used according to manufacturer instructions.
- Cots and mattresses will be checked before use. Damaged, sagging, torn, contaminated, poorly fitting or recalled equipment will be removed immediately.
- The nursery will have regard to relevant product safety standards and recall information.

- Mattresses and sleep surfaces will be cleaned between children in line with infection-control procedures and fully dried before use.
- Cords, blind cords, electrical leads, heaters, bags and choking/strangulation hazards will be kept out of reach.

9. Pushchairs, car seats and travel

Car seats, buggies/pushchairs, bouncy chairs, swings and other seated or inclined products are not routine sleep spaces for babies.

- A baby aged 12 months or under who falls asleep while travelling will be transferred to their cot as soon as the nursery returns to the setting.
- A child over 12 months who falls asleep while travelling will, where possible, be transferred promptly to their own clear, flat, firm sleep space.
- Hats and excess outdoor clothing will be removed or adjusted promptly to prevent overheating, even if this wakes the child.

10. Swaddling, dummies and special products

- The nursery will not introduce swaddling as a routine practice. Any existing family practice must be individually risk-assessed and consistent with current professional advice; swaddling must stop when a baby shows signs of rolling.
- If a baby normally uses a dummy for sleep, it may be offered in line with the family's routine. It will not be forced or repeatedly replaced once asleep and will be kept hygienically.
- Weighted blankets/products, cot positioners, anti-roll devices, sleep nests/pods and similar products will not be used for routine infant sleep.

11. Smoking and vaping

Fulham's Angels is a smoke-free and vape-free setting. Smoking and vaping are not permitted in or around nursery premises or sleep areas.

12. Settling children safely

- Children will be settled calmly and sensitively using age-appropriate reassurance.
- Staff may comfort or hold a child while awake, but once asleep the child will be placed in their safe sleep space.
- A child will never be left sleeping in an adult's arms where the adult may fall asleep.
- For babies and children under 2, soft comforters/toys used while settling will be removed from the sleep space once the child is placed down to sleep.

13. Emergency response

If a sleeping child appears unresponsive, is not breathing normally, has abnormal colour, is choking, or staff have any serious concern, staff will act immediately.

- Attempt to rouse the child and assess breathing without delay.
- Call 999 and begin paediatric first aid/CPR as trained and directed.
- Another staff member will contact the manager/DSL and the child's parent/carer while emergency care continues.
- The child will not be left unattended.
- Following a serious incident, relevant records and the sleep area will be preserved where appropriate and required safeguarding, Ofsted, local-authority and other statutory reporting procedures followed.

14. Staffing, training and accountability

The manager is responsible for ensuring this policy is implemented, understood and reviewed. Staff responsible for sleep will receive appropriate safer-sleep information/training and know how to recognise overheating and signs of concern.

- Safer-sleep expectations form part of induction for relevant staff, agency staff, students and volunteers.

- The manager will monitor sleep records and practice through supervision, room checks and safeguarding/health-and-safety monitoring.
- Unsafe practice, equipment concerns, departures from policy and near misses must be reported immediately.

15. Safeguarding and professional challenge

Safer sleep is part of the nursery's safeguarding culture. Any member of staff who sees unsafe sleep practice must intervene immediately to protect the child and report the concern. Persistent or serious concerns will be managed under safeguarding, whistleblowing and staff-conduct procedures.

16. Review and references

This policy will be reviewed at least annually and sooner following a significant incident, changes in children cared for or equipment, updated public-health advice or changes to the EYFS/statutory guidance.

Department for Education	EYFS statutory framework for group and school-based providers - applies from 1 September 2026.
Department for Education	Help for Early Years Providers: Safer sleep - published 20 April 2026; updated 17 August 2026.
The Lullaby Trust	Safer sleep guidance for early years settings, including clear-cot practice and 16-20°C room-temperature

Approved by:	Venus Besharati, Manager / DSL
Signature:	
Date:	31 August 2026
Next review:	31 August 2027