


Seedling Nursery

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Seedling Nursery Leamington Spa
14 Kenilworth Street
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Safe sleep policy

- All key persons in the baby room will receive training on our Safe Sleep Policy and SIDS risk reduction.
- Babies (under the age of 12 months) will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. A copy will be given to the key person.
- FSIDS recommends that babies be placed on their backs to sleep, but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they prefer when the baby turns onto his/her side or stomach.
- Sheets and blankets must be firmly tucked in (not above shoulder height) or a baby sleep bag is used for a baby to sleep in. Sleep baby in the feet-to-foot position (baby's feet at the bottom of the cot) and avoid using soft or bulky bedding such as quilts, pillows and duvets.
- Baby sleep bags should be well fitted, so the baby can't wriggle down inside. Use the correct tog rating for the time of year, asking parents to replace as needed.
- Visual supervision is required at all times. Every 10 minutes a staff member will visually check on the child/children; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care.
- At the main afternoon sleep time there is always a staff member covering the sleep rooms. They are responsible for completing the check, setting the timer and updating the log. The staff member putting a baby down for their nap cannot be made responsible for completing the checks.
- If a staff member is putting a baby down for their nap in the sleep room the member of staff covering the sleepers is still
- 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 over-wrapping the baby; room Baby sleep room which is checked for all main sleep times.
- All babies must sleep in a cot or an approved bed/mattress. Babies may not sleep in a nesting ring car seat ,bouncy chair etc
- Outside of the baby sleep room staff are to ensure that the sleep beds or mats are spread out, leaving a walking space in between a row. The sleep mats should be placed on the floor top and tailed for the children to avoid cross contamination.
- Toys and stuffed animals will not be allowed in the child's cot.
- A safety approved cot with a firm fitting mattress and tight fitting sheet will be used.
- 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 or any other children within the nursery.
- 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.
- We recognise parents' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and wellbeing continues to be met. However staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep unless specifically requested by parents
- All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.
- [Safer-Sleep-awareness Training](#) for all staff working in the baby room

This policy was last updated	Signed on behalf of the nursery	Date for review
May 2024		May 2025

Seedling Nursery

Weekly Sleep Staff on Duty

March	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm	Roots	Seeds	Buds	Buds	Roots
1:30pm	Roots	Seeds	Buds	Buds	Roots
2:00pm	Roots	Seeds	Buds	Buds	Roots

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Time, Initial & No. of children asleep

10 MINUTE CHECKS ARE TO ENSURE CHILDREN ARE STILL BREATHING NOT TO CHECK THAT THEY ARE STILL ASLEEP, USE THE TOUCH.

Weekly Sleep Room Checks - Children must be checked every 10 minutes using the sleep timer

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Time:	Initial	Time:	Initial	Time:	Initial	Time:	Initial	Time:	Initial
No.Ch		No.CS		No.CS		No.CS		No.CS		No.CS
No.CS		No.CS		No.CS		No.CS		No.CS		No.CS
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