



Oakbridge Little Learners LTD  
66-68 Bridge Cross Road  
Burntwood, Staffordshire, WS7 2BY  
[contact@oakbridgellittlelearners.co.uk](mailto:contact@oakbridgellittlelearners.co.uk)  
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## Safe Sleep Policy

### Policy Statement

Oakbridge Little Learners Ltd is committed to safeguarding babies and promoting safe sleep practices in line with current UK guidance. All infants are placed to sleep in a way that reduces the risk of Sudden Infant Death Syndrome (SIDS) while respecting each child's individual needs and routines.

This policy is implemented in line with the **Early Years Foundation Stage (EYFS)** and current guidance from **The Lullaby Trust**.

This policy should be read alongside the **Safeguarding Policy, Health, Safety & Hygiene Policy**, and the **Parent Handbook**.

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### Safe Sleep Principles

- Babies are always placed **on their backs to sleep**
  - Babies are never forced to sleep or kept awake
  - Once a baby can roll independently, they are allowed to adopt their own sleep position
  - The sleep environment is kept clear and safe at all times
  - Visual supervision is maintained at all times
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### Sleep Environment

- Babies sleep in a **safety-approved cot** with a firm, flat mattress
- Only a **tight-fitting sheet** is used
- The following are **not permitted** in cots:
  - pillows
  - quilts



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- cot bumpers
  - toys
  - bottles
  - bibs
  - loose bedding
  - Sleep nests, pods and snuggle nests are **not used**
  - Only one baby is placed in a cot at any time (except during emergencies)
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### Room Temperature

- Rooms where babies sleep are maintained between **16–20°C**
  - Thermometers are used to monitor room temperature
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### Supervision and Monitoring

- Sleeping babies are **visually checked at least every 10 minutes**
  - Staff observe:
    - breathing
    - chest movement
    - sleep position
  - Checks are recorded on the **Safe Sleep Chart** and initialled
  - Babies are monitored more frequently during their first weeks at nursery
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### Sleep Routines and Nap Times

Oakbridge Little Learners Ltd recognises that children's sleep needs vary according to age, stage of development and individual routine.



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- Staff will not wake a sleeping child unless instructed to do so by the child's parent/carer or where there is a safeguarding, medical or operational reason that requires intervention.
- Individual sleep preferences are discussed with parents/carers and recorded within the child's care plan.

### Preferred Nap Times

To support consistency and routine:

- Acorns Room: Preferred nap time is 12:00pm – 1:00pm
- Saplings and Seedlings Rooms: Preferred nap time is 12:30pm – 1:00pm

These times reflect typical group routines; however, individual children's needs will always be prioritised.

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### Children Who Do Not Sleep

Children who do not fall asleep during rest periods are:

- Encouraged to engage in a minimum of 30 minutes of quiet time, where possible
- Supported through calm activities such as books, soft play or quiet table-based activities
- Supervised appropriately at all times

Quiet time provides children with an opportunity to rest, regulate and recharge, even if they do not sleep.

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### Medical Needs and Parental Requests

- Babies with medical conditions that require an alternative sleep position must have **written instruction from a medical professional**
- This information is recorded and displayed discreetly in the sleep area



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- Staff follow medical guidance exactly
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## Hygiene

- Each baby has their own bedding
  - Bedding is laundered weekly or more frequently if required
  - Cot mattresses are cleaned daily and sanitised between children
  - Cots are cleaned weekly
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## Parental Partnership

- The Safe Sleep Policy is discussed with parents/carers before admission
  - Parents/carers are asked about:
    - home sleep routines
    - sleep position preferences
  - Parents/carers sign a **Safe Sleep Agreement** confirming understanding and consent
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## Training

- All staff receive induction training on safe sleep practices
  - Safe sleep procedures are reinforced through supervision and monitoring
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## Monitoring and Review

- Safe sleep records are reviewed regularly
- Any concerns are addressed immediately



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- This policy is reviewed in line with guidance and best practice
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## **Policy Review**

**Created:** August 2015

**Reviewed:** January 2026