All Silver Stars Day Nursery policies will be subject to any future change according to Government legislation and guidelines to maintain the safety of all children, families, staff and visitors.

3.08

Sleep and Rest Time Policy

We aim to ensure that all children have sufficient sleep or rest to support their development and natural sleep rhythms in a safe and nurturing environment. The safety of children during sleep is paramount.

Safe Sleep Policy

Silver Stars Day Nursery operates a Safe Sleep Policy, aligned with the "back to sleep" guidance to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Parent Partnership:

- The key person or manager discusses the Safe Sleep Policy with parents before admission.
- Parents must sign a statement confirming that they have received and discussed the policy.
- Key persons receive training on safe sleep practices.

Discussion with Parents Covers:

- Baby's sleep position at home.
- Nursery "back to sleep" policy.
- Risks associated with stomach or side sleeping, as recommended by the Foundation for SIDS (FSIDS).
- Medical exceptions requiring a doctor's note for an alternative sleeping position.
- FSIDS advice on using dummies during sleep and phasing them out sensitively.
- Provision of contact information for FSIDS and the national Back to Sleep campaign.

Safe Sleep Practices:

- Babies are placed on their backs to sleep unless a signed medical waiver is on file.
- Once a baby can roll over independently, they may adopt their preferred sleep position.
- Dummies are used at sleep times if part of the child's routine; checked for safety before use.
- Visual monitoring of sleeping children occurs every 10 minutes (or every 5 minutes for babies under 6 months or new arrivals) and logged in Ovivio.
- Only travel cots, Moses baskets, or beds are used for sleep. Children asleep in pushchairs/rockers are transferred to a flat sleeping surface.
- Bottles are supervised; any unfinished bottles are removed, washed, and returned to the child's bag.
- Heads are not covered with blankets; loose bedding, pillows, bumper pads, or toys are never used in cots.
- Babies receive supervised tummy time when awake.
- Safety-approved cots with firm mattresses and tight-fitting sheets are used.
- Sleep/rest rooms are supervised at all times.
- Only one child per cot. Bedding is cleaned after every use with antibacterial spray.
- Children's underlying health conditions that require special sleep positions are followed as advised by a GP.
- Nappies are changed before sleep.

Maintaining a Safe Sleeping Environment

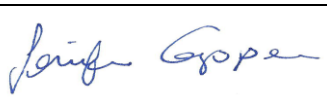
- Room temperature: 16–20°C to prevent overheating.
- Babies under 18 months: fitted sheet and sleeping bag; dressed in light clothing (vest/nappy/top).
- Children over 18 months: fitted sheet and blanket (cellular blanket recommended).
- No equipment, mobiles, or toys in cots for babies under 18 months.
- Management cleans nursery-owned bedding using sensitive detergent.
- Remove hair clips, hair bands, bibs before sleep.
- Use only safety-approved cots, pods, or mats compliant with British Standards.
- Keep areas around cots and beds clear of cords, hanging objects, or hazards.
- Cots and beds not placed near radiators.
- Bedding belonging to the child is sent home weekly to be cleaned.
- Babies/children who fall asleep while being nursed are transferred to a safe sleeping surface.
- Children must not sleep on staff; all sleep occurs in cots or beds.
- Individual routines discussed with parents on arrival and reviewed regularly. Daily routine sheets ensure continuity.

Rest for Older Children

- Older children have opportunities for quiet time or rest but are not forced to sleep.
- Children are offered rest if requested by parents; if not asleep within 45 minutes, they are encouraged to get up and play.
- Nursery provides a calm and flexible environment to meet each child's needs without preparing them specifically for school routines.

Arrival and Departure

- Sleeping children will not be accepted on arrival; they must be fully awake.
- Children are awakened before being handed back to parents at the end of the day.

This policy was adopted by	Silver Stars Day Nursery
Date	February 2026
Review Date	February 2027 or continuous if legislation changes
Name of signatory	Jenifer Capper
Role of signatory	Proprietor
Signed: Date:	 February 2026