

Safe Sleeping Policy

Ladybird Montessori

1. Policy Statement

At Ladybird Montessori we are committed to providing a safe and healthy sleep environment for all young children in our care. This policy outlines the procedures staff must follow to reduce the risk of Sudden Infant Death Syndrome (SIDS) and to ensure all children sleep safely.

2. Aims of this Policy

- To ensure all children sleep in a safe environment.
- To reduce the risk of SIDS and sleep-related accidents.
- To follow current safety guidelines and best practice for infant sleep.
- To meet each child's individual sleep needs in partnership with parents/carers.

3. Safe Sleep Practices

Staff must follow these practices at all times:

3.1 Sleeping Position

- Children are always placed on their **backs to sleep** (not on their front or side), unless a signed medical note from a doctor states otherwise.
- A child can roll from back to front and front to back independently, they can be allowed to find their own sleep position.

3.2 Sleep Environment

- Babies are placed on a firm, flat **sleep mat**.
- Sleep areas are **well ventilated**, free from hazards, and checked regularly.

3.3 Temperature

- Room temperature is kept between **16–20°C**.
- Staff check sleeping children regularly to ensure they are not too hot or cold.

3.4 Monitoring

- Sleeping children are visually checked by staff and monitored for breathing, colour, and general wellbeing.

4. Individual Sleep Needs

- We work with parents/carers to understand each child's **individual sleep routine**.
- Any specific needs or preferences (e.g., comfort items) are discussed and agreed upon, ensuring safety is not compromised.
- Where a child has a medical condition affecting sleep, a written care plan is required.

5. Staff Training and Responsibilities

- It is every staff member's responsibility to follow this policy and raise concerns if they notice any unsafe practice.

6. Parental Communication

- Parents/carers are informed of our Safe Sleeping Policy during registration.
- Daily updates are provided about their child's sleep, including duration and mood upon waking.
- We encourage parents to follow similar safe sleeping practices at home and provide information when needed.

7. Policy Review

This policy will be reviewed **annually** or sooner if guidance changes. Staff and parents will be informed of any updates.

Approved by: Beckie Combes

Date: September 2025