

Safer Sleeping Policy

Statement of intent

YMCA Brunel Group is committed providing safe sleeping arrangements for all children whilst in our care or attending any organisation related activity and to ensure all staff are properly informed and understand their responsibilities whilst children sleep in the setting.

Why safer sleep is important

It is important to provide babies and children with a safer sleep environment to reduce the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and sudden unexpected death in childhood (SUDC) in children aged over 12 months.

SIDS is the sudden unexpected death of a baby where no cause is found. Whilst it is uncommon, there are some factors that can increase a baby's risk of SIDS. These include:

- being born prematurely (before 37 weeks)
- low birthweight (less than 2.5kg or 5.5lb)
- exposure to smoking in pregnancy
- sleeping with babies and children on sofas or chairs

SUDC is the sudden unexpected death of a child where no cause is found. Creating a safer sleep space can help avoid accidents, such as the risk of suffocating when sleeping from becoming entangled in soft bedding and/or getting trapped in soft furniture.

It is important to follow all the steps below to ensure that you are providing as safe a sleep environment as possible for every baby and child in your care.

Providing a safer sleep space for babies and children under two years of age

YMCA Brunel Group employees will ensure that:

- babies aged 12 months and under must only be placed to sleep in a cot - this includes carrycots, Moses baskets and travel cots.
- children are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor.
- sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering - alternatively, a well fitted baby sleep bag may be used.
- where blankets are used, the baby should be placed feet-to-foot at the bottom of the cot, with blankets tucked in
- cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps

- children should not get too hot or cold - the recommended room temperature for babies (those aged 12 months and under) is 16 – 20°C. Cots/mats/Moses baskets must not be placed next to a radiator.
- children's heads are not covered
- babies under six months of age must always have an adult with them in the same room for every sleep - all children must be frequently checked when they are sleeping
- children are always within sight and hearing of staff when sleeping
- A member of staff must be in the room whilst children under 6 months old sleep.

A baby monitor can be used for children over six months of age, and you must ensure it allows children to be seen and heard at all times.

Evidence suggests that babies (those aged 12 months and under) are at a higher risk of SIDS if they have their heads covered. Some items added to their sleep space may increase the risk of SIDS and unnecessary items, such as cot bumpers and toys, can also increase the risk of accidents. Sleep comforters may be used for babies and children aged over 12 months only.

To check if a baby or child is too hot or cold, feel their chest or the back of their neck (hands and feet will usually be cooler, which is normal). If their skin feels clammy or sweaty, remove one or more layers of clothing or bedding. You should use your professional judgement during extreme temperatures.

Once babies can move from their back to their front and back again by themselves, they can find their own sleeping position. However, continue to place them on their back to sleep.

YMCA Brunel Group will only use products that meet the relevant British Safety Standards:

- cots, travel cots, Moses baskets and carry cots: BS EN 716-1:2017, BS EN 1466:2014 or BS EN 1466:2023
- bedside cribs: Since 2020, all bedside cribs should meet the new crib safety standard BS EN 1130:2019. This means cots should no longer have a side that fully drops down.
- mattresses: BS 7177:2008+A1:2011
- mattresses for cots, travel cots and cribs: BS EN 16890:2017+A1:2021
- sleep bags: BS EN 16781:2018
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This list is provided for reference, you must ensure you are satisfied that your setting's sleeping arrangements meet the EYFS requirements.

All other policies relating to YMCA Brunel Group are available for you to read at the childcare setting or on our web site.

Signed on behalf of YMCA Brunel Group
(original signed copy held at registered office)

Mike Fairbeard

Role of Signatory

Chief Executive

Date of Review of Policy

January 2027

Approved by trustees

31st January 2026

