



Parent guide to Safer Sleep

At Sandcastle Nursery, we know how important sleep is for your child's growth, development, and wellbeing. We aim to provide a calm, safe, and comfortable environment where children can rest according to their individual needs.

Our Approach

- We follow your child's **home sleep routine** as closely as possible
- Children are **allowed to sleep when they need to** and wake naturally
- We create a **calm sleep environment** with soft music or soothing sounds
- Each baby has an **individual sleep plan**, agreed with parents

Safe Sleep for Babies

We follow national safer sleep guidance, including advice from The Lullaby Trust:

- Babies are always placed on their **backs to sleep**
- They are positioned **feet to foot** in a clear cot
- We use **firm, flat mattresses** with no pillows or loose bedding
- **Sleep bags** can be used (correct tog for the season)
- Babies are **checked every 10 minutes** and closely supervised at all times
- Room temperature is kept between **16–20°C**
- We **never allow babies to sleep in car seats or bouncers**

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.**

Sleep for Toddlers & Older Children

- Children sleep on **individual sleep mats** in a calm space
- They can bring a **comforter or soft toy**
- Children who don't want to sleep can **rest quietly instead**
- We support children gently to settle, using reassurance if needed

Working in Partnership

- We will **regularly update you** on your child's sleep
- Any changes in sleep patterns will be **shared with you promptly**
- We are happy to **adapt routines** as your child grows

Extra Reassurance

- Staff are **trained in safer sleep practices**
- Sleeping children are **constantly supervised**
- All sleep areas are **risk assessed daily**

