

Safer sleep checklist for Early Years

The EYFS requires that providers ensure children are safe while they are sleeping and that babies are placed down to sleep safely in line with the latest government safety guidance: [Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sudden-infant-death-syndrome/sids/).



Practitioners should read NHS advice on safety of sleeping babies: [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sudden-infant-death-syndrome/sids/).

A safer sleep environment

- ✓ Children are placed down 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
 - Lightweight bedding, which is firmly tucked in around the child, no higher than their shoulders to prevent head covering, or
 - A well-fitted baby sleep bag
(Check the manufacturer's recommendations before using a baby sleep bag)
- ✓ Babies aged 12 months and under must only be placed to sleep in a cot - this includes carrycots, moses baskets and travel cots
- ✓ Cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps.
- ✓ Where blankets are used, the baby should be placed feet-to-foot at the bottom of the cot, with blankets tucked in
- ✓ Children should not get too hot or cold - the recommended room temperature for babies (those aged 12 months and under) is 16 – 20°C.



Ensure that cots and bedding are in good condition and suited to the age of the child. You can [check whether your cots meet British Safety Standards here](https://www.gov.uk/guidance/early-years-settings-on-safer-sleep).

Safe sleep practices

- ✓ Sleeping children are checked regularly to ensure they are safe
- ✓ Children are always within sight and hearing of staff when sleeping
- ✓ Children are placed down to sleep on their backs.
Once babies can move from their back to their front and back again by themselves, they can find their own sleeping position, but you should continue to place them on their back to sleep.
- ✓ Ensure children's heads are not covered.



Evidence suggests that babies (those aged 12 months and under) are at a higher risk of SIDS if they have their heads covered.

For babies six months and under

- ✓ Babies under six months of age must always have an adult with them in the same room for every sleep.

For babies twelve months and under

- ✓ 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.



Sleep comforters may be used for babies and children aged over 12 months only.