



Safe Sleep and Rest Policy

At **Little Cygnets Childcare Ltd**, we recognize that sleep and rest are essential for a child's growth and development. We work in partnership with parents to establish a sleep routine that aligns with the child's individual needs while ensuring a safe and comfortable sleep environment.

Individual Sleep Routines

We will discuss your child's sleep routine in detail, ensuring that we can accommodate it within our daily schedule. As sleep patterns change over time, ongoing discussions will help us adjust accordingly.

Information We Need from Parents:

- Number of naps your child has
- Duration of naps
- Preferred sleep location (cot, sleep mat, etc.)
- Settling routine (e.g., rocking, music, stories)
- Use of comforters or dummies

Safe Sleeping Practices

We follow safe sleep guidelines to reduce the risk of Sudden Infant Death Syndrome (SIDS) and promote a secure rest environment.

- All babies will be placed on their backs to sleep
- Regular checks every 15 minutes to monitor breathing and safety (more frequent if unwell)
- Sleep durations are recorded on our sleep chart and Famly app
- Cots, sleep mats, and bedding are checked regularly for cleanliness and safety
- Sheets are securely fitted to cot mattresses and sleep mats
- Sleep areas are inspected before and during rest times

Pre-Sleep Safety Checks by Staff:

- Bibs and hoodies removed before sleep
- No blankets or items placed over a child's head
- Room temperature monitored to prevent overheating
- Dummies visually checked for damage, such as holes in the teat



We appreciate parents working with us to create a consistent and safe sleep routine for their child. If you have any specific sleep concerns, please speak to a member of our team.

Signed (Jessica Burns): Jessica Burns

Signed (Scott Marshall): Scott Marshall

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