



At Pegwell Bay Nursery, we operate a Safe Sleep Policy based on the “back to sleep” principle to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the unexpected death of a seemingly healthy baby for whom no cause can be found after thorough investigation.

We believe that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals must work together to keep babies safe while they sleep. To this end, our nursery follows the guidelines below:

All key persons receive training on our Infant Safe Sleep Policy and SIDS risk reduction. Babies are always placed on their backs to sleep unless there is a signed medical waiver on file specifying an alternative sleep position. For children under 6 months, this waiver must be signed by a doctor; for children over 6 months, a parent’s signature is acceptable. A copy of the waiver is kept in the baby’s sleep area.

Following FSID and Lullaby Trust recommendations, once babies can easily roll from back to front and vice versa, they may be allowed to adopt their preferred sleep position. Parents are encouraged to discuss their preferences with their child’s key person.

Using a dummy (pacifier) at the start of sleep times has been shown to reduce the risk of cot death. If a dummy is part of your child’s routine, it will always be offered at sleep times. We support parents in phasing out dummies sensitively, ideally between 6 and 12 months.

Visual supervision is maintained at all times. Staff check sleeping babies at least every five minutes by looking for chest movements and monitoring sleep position. These checks are recorded on a safe sleep chart and initialled by the staff member conducting the check. Extra vigilance is observed during the first weeks a baby attends nursery.

We take steps to prevent overheating by regulating room temperature (kept between 16-20°C / 68-72°F), avoiding excess bedding, and ensuring babies are not overdressed or overwrapped.

All babies sleep in safety-approved cots or approved sleep surfaces. Sleeping in car seats, bouncy chairs, nesters, or pushchairs is not permitted due to risks of suffocation and poor cleaning standards.

Babies are placed with their feet at the foot of the cot and heads away from the top to reduce the risk of entrapment.

Babies’ heads and cots are never covered with loose blankets or bedding. Loose bedding, pillows, bumper pads, and stuffed toys are not used in cots. Small blankets may be used but must be tucked in securely at the foot and sides.

Each baby has a clean sheet and bedding set clearly labelled with a photo and name; bedding is washed weekly or more often if necessary. Cot mattresses are cleaned daily and sanitised between children, with cots cleaned weekly.



Sleeping babies are not woken unless for emergencies or when going home. Awake babies are given supervised tummy time to support development.

Only one baby is permitted per cot except during emergencies or fire drills.

Smoking is prohibited on nursery premises. Staff who smoke ensure their clothing and breath do not smell of smoke when caring for babies.

All parents receive a written copy of our Safe Sleep Policy before their child starts nursery. Parents must sign to confirm they have received, read, and understood the policy, and that it has been discussed with their child's key person, room supervisor, or nursery manager.