

Advice for Early Years settings

– sleeping spaces for babies

the
lullaby
trust

The safest place for babies to sleep is on a **clear, flat and separate sleep space** such as a:



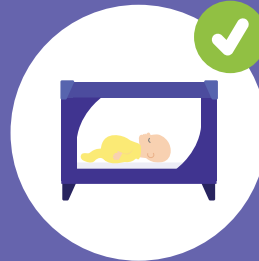
Moses basket



Cot



Crib



Travel cot



Carrycot

We **advise against** sleeping babies in a seated or inclined position such as in:

- ✗ Pushchairs/buggies
- ✗ Beanbags
- ✗ Car seats
- ✗ Bouncy chairs
- ✗ Swings
- ✗ Hammocks
- ✗ Beanbags



These are not suitable sleep surfaces for babies as they are **not firm and flat and can increase the risk of SIDS**. This is because if a **baby's chin is close to, or on their chest, this position can restrict their airways**. If a baby or child falls asleep in a sitting device they should be moved to a flat surface. Don't place sitting devices on high or soft surfaces.

Follow this advice for every sleep – day or night.

This advice should be within your setting's policy to ensure safer sleep is always followed.

Sleep supervision

In nursery or childcare settings, sleeping babies must be closely supervised. A staff member must remain in the room with babies under six months. Older babies should be supervised either by staff in the sleep room or through frequent checks. Sleeping children must always be within staff sight and hearing.



Inspect cots, bedding, and mattresses before each sleep session and ensure all are in good condition.



To avoid overheating, **babies should be dressed appropriately for the room temperature** (the ideal temperature is 16-20 degrees).

