



Early Years Settings Safe Sleep Charter

In _____

we understand the importance of safe sleep and want to ensure that babies and young children who sleep in our environment do so in a way that promotes safe sleep.

This setting will:

- ✓ Have at least 1 Safe Sleep Champion within the setting (A Safe Sleep Champion will have completed the local Safeguarding Board Safe Sleep Training)
- ✓ Promote safe sleep messages to those with responsibility including parents, grandparents and carers
- ✓ Promote safe sleep when placing babies and young children to sleep.
- ✗ Not place babies to sleep in environments which are not safe sleep promoting, such as prams/ pushchairs (which do not lie completely flat), car seats, bouncy chairs, bean bags or sleep nests / pods or environments which are not clutter free.

Safe Sleep Do's and Don'ts

DO:

- ✓ Place your baby to sleep in a cot, crib, Moses basket or baby box on a clean, firm, waterproof mattress.
- ✓ Place your baby on their back with their feet to the end of the cot 'feet to foot'.
- ✓ Place your baby to sleep in the same room as you for the first 6 months, for both daytime and night-time sleeps.
- ✓ Keep the room temperature between 16 and 20oC when baby is sleeping.
- ✓ Keep your house smoke free.
- ✓ Make sure everyone who cares for your baby knows the do's and don'ts of safe sleeping.

DON'T:

- ✗ Sleep with a baby in a bed, on a chair or sofa.
- ✗ Use duvets, quilts, cot bumpers, pillows or drapes in a baby's cot.
- ✗ Put a baby to sleep in a car seat or pushchair.
- ✗ Allow pets into a bedroom or leave in a room unsupervised with a baby.

For further guidance and information on Safe Sleep please see:

Lullaby Trust:
<https://www.lullabytrust.org.uk/safer-sleep-advice/>

BASIS – Baby Sleep Information Source:
<https://www.basionline.org.uk/>

For Professionals:
<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-saving-babies-lives-a-guide-for-professionals.pdf>
<https://www.basionline.org.uk/resources-for-practitioners/>

For Parents, Grandparents and Carers:
<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-for-babies-a-guide-for-parents.pdf>
<https://www.basionline.org.uk/resources-for-parents/>