

Reflective Questions – Safer Sleep

Here are some reflective questions to support you in evaluating safer sleep in your childminding setting, group care setting or school.

Providing a safer sleep space for babies and children under two years of age:

- Do all staff (including childminding assistants) understand the factors that can increase the risk of SIDS and SUDC?
- Have you checked that cots (including carrycots, Moses baskets and travel cots) all meet the British Safety Standards? Do you have enough cots to ensure all babies aged 12 months and under are only placed to sleep in one of these suitable sleep spaces?
- What procedures are in place to ensure that all children are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor?
- Do sleep spaces only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering? If a well-fitted baby sleep bag is used as an alternative, have manufacturer recommendations been checked before use?
- How do you monitor staff (including childminding assistants) knowledge and understanding of how to place a baby to sleep when using blankets?
- Cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps. What procedures are in place in your setting to ensure this is understood and followed by all staff (including childminding assistants)?
- How do you ensure that all staff (including childminding assistants) understand how to check if a child is too hot, or too cold?
- Do all staff (including childminding assistants) understand that children's heads must not be covered?
- How do you organise your staffing and/or provision to ensure:
 - babies under six months of age always have an adult with them in the same room for every sleep?
 - all children are frequently checked when they are sleeping?
 - all children are always within sight and hearing of staff when sleeping?
- If a baby monitor that allows the child(ren) to be seen and heard at all times is used (for children aged over 6 months only), what procedures are in place to ensure that sleeping children are still frequently checked?

Sleeping whilst travelling:

- If a baby aged 12 months and under falls asleep whilst travelling, do all staff (including childminding assistants) understand that they must transfer the baby to a cot once they return to the setting?
- If a baby or child of any age falls asleep whilst travelling in a car seat, do all staff (including childminding assistants) understand that they must transfer the child to their appropriate separate sleep space as soon as they return to the setting?

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- How do you ensure that all staff (including childminding assistants) understand that hats and extra clothing must be removed as soon as you come indoors or enter a car, bus or train, even if it means waking the baby?
- How do you share messages with families and staff that buggies, pushchairs and prams should not form the main separate sleep space for babies or children of any age? Do families and all staff (including childminding assistants) understand the reasons for this?
- Children aged over 12 months that fall asleep whilst travelling should, where possible, be transitioned to their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor upon return, and coats, hats and blankets should be adjusted to prevent overheating. What procedures are in place in your setting to enable this to happen promptly?

Please refer to the [Safer Sleep guidance](#) on the 'Help for Early Years Providers' website and [EYFS Safer Sleep requirements – Frequently Asked Questions](#) for further guidance and clarification.

Additional guidance can be found on use of sleep comforters, babies who move in their sleep, use of slings and carriers, and babies born prematurely/low birth weight babies. Please ensure that you are following all safer sleep guidance.

Please note that these questions are not definitive and have been designed to support you in reflecting on your safer sleep practices.