

Safer sleep in childcare: checklist for families

the
lullaby
trust



For new and expectant parents, knowing safer sleep advice is vital for the safety of your baby. Thanks to this advice, rates of sudden infant death syndrome (SIDS) have decreased significantly.

But what happens when you entrust the care and safety of your baby with someone else, such as a nursery, childminder or nanny?

We know that leaving your baby in the care of someone else may be tough. This checklist helps you have conversations with childcare providers and ask the right questions. This will help you to know how your baby will be slept and empower you to make informed decisions about the care of your baby.



For further information, please see Department for Education's Early Years Foundation Stage (EYFS) Statutory Framework: gov.uk/government/publications/early-years-foundation-stage-framework--2



It's always good practice to **ask to see where the babies are slept** within the early years setting you are visiting.

Sometimes having conversations with professionals can feel difficult. We have come up with **some practical tips and phrases** to help you feel confident in starting those conversations.



“ We (will/do) follow safer sleep guidance at home, and we want to be sure that our safer sleep routine is followed here too. The Lullaby Trust have produced a checklist I would like to go through to help me feel comfortable. ”

“ The Lullaby Trust have produced a checklist to help me choose a childcare provider that follows safer sleep guidance. Can we sit down and go through this please? ”

“ I don't know how babies are slept at your nursery/childminders setting, and The Lullaby Trust suggests using this checklist to help me understand what happens. ”

Questions to ask the childcare providers at your visit for all babies under 12 months of age.

1

Are you aware of The Lullaby Trust's safer sleep advice?

☐ Yes ☐ No

Notes:

2

Do you have a safer sleep policy and is this shared with parents/carers?
Can we get a copy?

☐ Yes ☐ No

Notes:

3

Have staff members completed SIDS & safer sleep training such as that provided by The Lullaby Trust?

☐ Yes ☐ No

Notes:

4

Can you show me where the babies sleep in your setting?

☐ Yes ☐ No

Notes:

5

Are the babies in your care placed down to sleep on a firm, entirely flat, waterproof mattress such as in a cot, Moses basket, travel cot or carrycot, with no raised or cushioned sides?

☐ Yes ☐ No

We specifically advice against babies sleeping in

- Soft sided pods or nests
- Bouncy chairs
- Baby hammocks
- Bean bags
- Baby swings
- Sleep positioners
- Sofas

Notes:

6

Can you demonstrate how babies are placed down to sleep in your setting?
(On their back, feet to foot)

Notes:

7

Do you ensure that all babies sleep in a clear cot?
(the cot should only have the baby and their bedding - nothing additional such as toys, comforters, pillows)

☐ Yes ☐ No

Notes:

8

How often do you check the mattresses to ensure they are still firm, flat and in good condition?

Notes:

9

Do you protect mattresses with a waterproof cover, wipe down after every use with anti-bacterial spray and use freshly washed sheets over the mattress?

☐ Yes ☐ No

Notes:

10

What bedding do you use for the babies in your care?

(Firmly tucked in sheets not above shoulder height or a well fitted baby sleeping bag - you may want to check who provides this)

Notes:

11

Do you always follow the manufacturers guidelines?

☐ Yes ☐ No

Notes:

12

What necessary safety checks and standards do you look out for when using a product for sleep?

Notes:

Safety standards for baby sleep products

Cots and travel cots: BS EN 716-1:2017

Moses baskets and carry cots: BS EN 1466:2014 or
BS EN 1466:2023

Bedside cribs: Since 2020, all bedside cribs should meet the new crib safety standard BS EN 1130:2019. Meaning cots should no longer have a side that fully drops down.

Mattresses: BS 7177:2008+A1:2011

Mattresses for cots, travel cots and cribs: BS EN 16890:2017+A1:2021

Sleepbags: BS EN 16781:2018.

13

What temperature do you keep the room babies sleep in and how do you monitor this?

Notes:

14

How do you make sure babies don't get too hot whilst they are asleep?

Notes:

15

How are the babies monitored whilst sleeping?

Notes:

16

What happens when a baby arrives asleep in a car seat?

Notes:

17

Are babies ever slept in a seated position such as in a buggy or pushchair?

☐ Yes ☐ No

Notes:

18

How do you make sure that babies are kept smoke free?

Notes:

19

Are you aware of the Lullaby Trust's T.H.A.N.K.S advice (Think Hands And No Kisses) when it comes to infection prevention?

☐ Yes ☐ No

Notes:

20

How do you go about replicating a baby's safer sleep routine from home in your childcare setting?
(for example, use of dummies, swaddling)

Notes:

If you have any concerns about safer sleep, you can contact us for advice and support. You can call our free baby safety helpline on 0808 802 6869 or email info@lullabytrust.org.uk.

We also provide training specifically for those in early years settings where practitioners are directly responsible for babies and placing babies down to sleep. For more information on safer sleep training email training@lullabytrust.org.uk or visit lullabytrust.org.uk/professionals/sids-training

Creating a safer sleep environment both at home or whilst your baby is in childcare is one of the most important steps you can take for your baby's safety.

For more information, visit lullabytrust.org.uk

A safer start for them.

Peace of mind for you.

The Lullaby Trust is a charity that exists to **keep babies safe and keep grieving families supported**. Our trusted baby safety advice is backed by research, and is there to give families a safer start to life.

Our guidance covers safer sleep, baby sleep products, baby sleep patterns, sleep deprivation, preventing infections in babies and much more.

Discover more at
lullabytrust.org.uk



If your baby is under six months of age, download our free Baby Check app today. The Baby Check app talks you through 17 simple checks you can do if your baby is showing signs of illness, to find out if they need to see a health professional.



Notes

[illegible]



At The Lullaby Trust, we exist to keep babies safe and grieving families supported. We hope you found this information helpful and empowering. If you did, please consider donating today. You can place this same information in the hands of another parent or carer who needs it. Help us empower the next family:
lullabytrust.org.uk/donate

For every baby.
For every family.
Forever.



The Lullaby Trust
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Baby safety helpline: