

SAFE SLEEP AT NELLY'S



At Nelly's Nursery, every child's safety and wellbeing come first — even while they sleep. We understand that rest is a vital part of healthy development, and we follow the latest government guidance to ensure that every nap time is calm, comfortable, and above all, safe.



What is safe sleep?

Safe sleep means placing babies to sleep in ways that protect their breathing, reduce overheating, and prevent accidents. It is based on evidence-based guidance from organisations like the Lullaby Trust and NHS.

Our approach to safe sleep.

We create a peaceful environment where children can rest securely. Each sleep space is carefully prepared following Department for Education and NHS safe sleep recommendations, including:

- Babies are always placed on their backs to sleep, never on their sides or tummies.
- Sleep areas are kept clear of loose bedding, toys, and comforters.
- Each child has their own designated cot or sleep mat, cleaned and checked daily.
- Staff maintain constant supervision during sleep times, with regular visual checks recorded.
- Room temperatures are monitored to ensure children are comfortable but not overheated.

How can you ensure your child has a safe sleep at home?

We believe that safe sleep begins with trust, open communication, and a strong partnership between families and nursery staff. We encourage parents to share their child's sleep routines, preferences, and any individual needs with us so that we can provide a consistent and reassuring sleep experience. Our team is happy to offer guidance and support based on advice from The Lullaby Trust and Department for Education (DfE) recommendations, helping families to understand and maintain safe sleep practices. By working together, we aim to promote safe, consistent sleep routines both at nursery and at home, supporting every child's wellbeing and development.



Our Commitment to you

At Nelly's, we take great pride in creating a warm, nurturing environment where every child feels safe, secure, and cared for. We understand that quality rest is an important part of a child's health, wellbeing, and development, which is why we are committed to providing peaceful sleep opportunities in a calm and comforting setting. Parents can feel reassured knowing that their little ones are supported by caring professionals who give every child the highest level of attention, comfort, and affection.

Safe sleep is at the heart of everything we do. It is more than just a policy—it is a commitment we make to every family who entrusts us with their child's care. By following best-practice guidance, maintaining rigorous safety standards, and regularly monitoring sleeping children, we ensure that each child can rest safely and comfortably. Our goal is to support children to be happy, healthy, and thriving, while giving parents complete peace of mind.

If you would like to learn more about our safe sleep practices and see them in action, we invite you to visit our social media pages, where we regularly share insights into life at Nelly's and the high standards of care we provide every day.



Keep babies on their Backs

Ensure they can breathe safely and comfortably



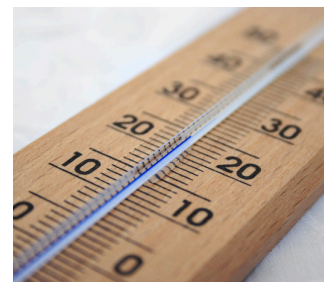
Keep sleep space Clear

No toys, pillows or loose blankets



Babies sleep in their own cot

No sharing. Close to an adult but never in the same bed



Room Temperature

Room stays at a comfortable temperature, children should wear light sleepwear