

# Early Years Safe Sleep Policy and Procedures



GB 28.11.23

*M. H. Paulk*

This policy will be revised Autumn 2024  
To be next reviewed Spring 2026

*As a Rights Respecting School we believe:*

*Every child has to learn and have an education. Article 28 & 29*

*Every child has a right to be safe from harm and abuse: Article 19*

*Every child has a right of freedom of expression. Article 13*

*Every child has a right to be part of a community and practise his or her own religion  
and use his or her own language Article 30*

*Every child has a right to rest and leisure. Article 31*

*Every child has a right to keep healthy Article 24*

*We believe we fulfil these rights at Palfrey Infant School*



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## 1. Policy Statement

This policy aims to ensure:

3.60 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance. Except in childminding settings, there should be a separate baby room for children under the age of two. However, providers must ensure that children in a baby room have contact with older children and are moved into the older age group when appropriate. [2021 statutory framework for the Early Years Foundation Stage \(EYFS\)](#)

Palfrey Infants School and Nursery:

This policy is based on requirements set out in the [2021 statutory framework for the Early Years Foundation Stage \(EYFS\)](#) and latest government guidelines from the NHS.

[Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

[Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

along with advice from the Lullaby Trust – safer sleep

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf>

All parents or carers are given a meeting at the beginning of the school year where they will have the opportunity to talk about their child in private with their new teacher.

## 2. Safe Sleeping Guidance

2.1 The nursery has a 'Sleep Chart' document for any child who falls asleep. They are monitored every 10 minutes during their sleep time. This is signed by the member of staff at each interval.

2.2 A member of staff is present at all times with children when they are sleeping / resting.

2.3 Children that have medical conditions, certain emotional needs or sleep training programmes, the nursery will endeavour to enhance staff supervision however the parent should discuss this with the key worker.

2.4 All children's mouths are checked before going to sleep.

2.5 The area is well ventilated, with room's temperatures of 16-22c (recommended guidelines); however this may be higher during the summer months. There are thermometers in the area to ensure temperatures are monitored and this information will be recorded on sleep chart.

2.6 The children will sleep on sleep mats and placed on their backs.

2.7 Light bedcovers may be used if appropriate and are firmly tucked in and no higher than the baby's shoulders, thus preventing them wriggling under the cover.

2.8 Mats are regularly checked for any signs of damage and cleaned after every use.

2.9 Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.

2.10 The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.

2.11 Staff will ensure they are not hot or cold

### **3. Safe Sleeping Checks: Whilst Sleeping**

3.1 Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.

3.2 The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.

3.3 Staff will ensure they are not hot or cold.

### **4. Associated Policies, Guidance or Procedures.**

[2021 statutory framework for the Early Years Foundation Stage \(EYFS\)](#)

[Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

[Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf>

### **5. Approval and Review Details**

Approval and Review	Details
Policy Written 27.09.2023	Emma Stackhouse EYFS Lead
Next Review Date	October 2024