



Safer Sleep Policy 2025/26

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Approving Body	<i>Governing Body</i>
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Revisions Log

Date	Pages/Whole Document	Description of Change	Origin of Change (e.g. Routine Update, request for Review)

Statement of Intent

At Egerton Primary School, we are committed to promoting the health, safety, and well-being of all children in our care. We recognise the importance of providing a safe and comfortable sleep environment that supports each child's individual needs and reduces the risk of sudden infant death syndrome (SIDS). This policy outlines our procedures and practices to ensure that all children sleep safely and are monitored appropriately, in line with current guidance from the NHS and The Lullaby Trust. Our aim is to work in partnership with parents and carers to support consistent, safe sleep routines both at nursery and at home.

Our Policy requires that the key person discuss the safe Sleep policy with a child's parent or guardian before admission. Parents must sign a statement that they have received a copy of the policy and that the policy has been discussed with them. All key persons working in our nursery are required to receive induction training on the Safe Sleep Policy. If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the The Lullaby Trust and the National Back to Sleep Campaign.

Safe Sleep Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep children safer while they sleep, this Nursery will practice the following Safe Sleep Policy:

- All key persons will receive training on our Infant Safe Sleep Policy and SIDS risk reduction.
- The Lullaby Trust recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. As our Nursery accepts children from aged 2 years old, children will be allowed to sleep in any position they feel comfortable.
- Children must sleep on a clean sleep mat and must not sleep directly on the floor or sitting at tables.
- Sleep mats which are showing any signs of wear and tear, or exposed foam must be disposed of and new beds purchased.
- The sleep area must not be crowded. Sleep mats must be placed at least 30cm apart, in order to control airborne infections, and ensure that staff members have no difficulty accessing children.
- Children must be positioned so that they face to feet with the child laying on the neighbouring sleep mat.
- The floor on which the sleep mats are placed must be clean and free from debris.
- Sleep mats should be placed away from hanging objects that could cause strangulation / entrapment, and shelving where objects may fall down onto them.

- Sleep mats must be cleaned daily, and must be sanitized after they have been contaminated (such as by vomit, mucous, blood, or toileting accidents)
- If a child lays down to sleep but does not fall asleep within 15 minutes, they will be asked whether they would like to join those children who are awake rather than remain on the sleep mat.
- The Lullaby Trust recommends that dummy use should be stopped when the baby is between 6 and 12 months old. (The key person will work with parents to phase out dummies sensitively, taking into account children's emotional needs.)
- Key Persons must visually check on a child a minimum of every 10 minutes. They will be required to look for the rise and fall of the chest this will be documented on the Sleep chart and initialled by the staff member.
- Within our Nursery there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

I, the undersigned parent/guardian of _____ (child's name) do hereby state that I have read and received a copy of the Nursery Safe Sleep Policy and that my child's key person (or Manager) has discussed the Policy with me.

Child's Date of Admission: _____

Parent/Guardian Signature: _____

Date: _____