



We Care. We Aspire. We Belong

Milverton Community Primary and Pre-School

Safer Sleep Policy

Written: September 2026

Review Date: September 2027

Aims

The Safer Sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at pre-school. This policy applies to children aged 2 years and over attending Milverton Pre-School. The setting does not provide care for children under the age of two.

Legislation

This policy is based on requirements set out in the latest EYFS Statutory Framework (September 2026) and the latest Department for Education and Lullaby Trust safer sleep guidance. Milverton Community Primary and Pre-School has robust systems in place to ensure that all practitioners who have regular contact with children are suitable for their role.

Principles

At Milverton Pre-School we promote healthy and safe practices in helping children sleep and rest. The sleep and rest area will be subject to regular risk assessment to ensure that equipment, supervision arrangements and the environment remain safe and suitable for children's needs.

We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care. All staff responsible for supervising sleeping children will receive regular safer sleep training and updates as part of safeguarding and welfare procedures.
- Sleep spaces will contain only a firm mattress and minimal bedding. Pillows, cot bumpers, nests, pods, wedges, straps, soft toys and loose bedding will not be used.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Families' cultural preferences are considered.
- Sleeping and resting in pre-school is a positive experience, and both the child and their family feel supported throughout.
- Communication between the pre-school and the families is promoted. This begins before a child starts pre-school to ensure information shared and routines established and agreed.
- Consistency of care as far as possible.
- Children will never be made to sleep. Opportunities for rest will be provided according to individual need and in consultation with parents and carers.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

Early Years Responsibilities

The Early Years staff will ensure that anyone who supports a child sleeping or resting in the pre-school is an employee of the pre-school or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

The pre-school will act according to Milverton Community Primary & Pre-school's safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and well-being are promoted.

Milverton pre-school will ensure that suitable facilities and equipment are provided for sleep and rest. Milverton staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily well-being in pre-school.

Prior to starting pre-school, we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the initial visit record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Sleeping children remain within sight or hearing of practitioners at all times and will be visually checked at least every 10 minutes or more frequently where individual needs, medical conditions or risk assessments indicate this is necessary. Where a child has a medical condition, SEND, developmental need or other identified vulnerability that may affect sleep, an individual risk assessment and support plan will be implemented in partnership with parents and relevant professionals. Monitoring records will be maintained throughout the sleep period. This information is always available to parents/carers and will be checked periodically by the designated pre-school practitioner and Early Years lead.

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of parents' wishes when dealing with sleeping children. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health. Comforters may be used where appropriate and agreed with parents. Items must be age-appropriate and must not create a risk of entanglement, suffocation or overheating. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Beanbags, sofas, cushions, sleep pods, nests, car seats, buggies and other inclined sleeping products will never be used as planned sleep spaces. If a child falls asleep in one of these environments they will be moved to a safe sleep surface as soon as practical.

Staff will ensure that sleeping and resting areas are well ventilated and maintained at a comfortable temperature. Children will be appropriately dressed for the environment and monitored to prevent overheating or becoming too cold.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. Pre-school staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

EYFS staff all hold the Paediatric First aid qualification. If staff have any concerns regarding a child's breathing, responsiveness, wellbeing or safety whilst sleeping, they will respond immediately, follow

first aid procedures where appropriate and seek emergency medical assistance if required. Parents will be informed as soon as possible.

Support with Sleep

For some parents/carers and families, developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at pre-school. Parents will be provided with information or signposted to support such as Health visitors.

Pre-school staff will work with the child to promote a positive self-esteem and independence with sleep and rest as far as is appropriate and practical. Pre-school staff will remain calm and always offer a supportive approach to children. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

Parents/carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so that the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that the pre-school always has their emergency contact details.

Monitoring

Records will be checked periodically by the pre-school supervisor and EYFS lead.

The Headteacher and/or other SLT members will monitor compliance, health & safety, and record keeping.

This policy will be reviewed in line with statutory changes and health advice.

This policy should be read in conjunction with the following documents:

EYFS Statutory Framework (September 2026)

Department for Education and Lullaby Trust safer sleep guidance

Keeping Children Safe in Education 2026

Safeguarding & Child Protection Policy