



Safe Sleep Policy

**We belong, show kindness, give hope and feel proud.
(Good Samaritan – Luke 10: 25-37)**

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Ratified by:

Date: June 2026

Review Date: June 2027



1. Aims

Our school aims to:

- Promote the safety and well being and well being of young children during sleep
- Reduce the risk of sleep-related incidents and Sudden Infant Death Syndrome (SIDS)
- Ensuring all staff follow current safer sleep guidance and procedures and provide a safe, suitable and supervised sleep environment.
- Work in partnership with parents and carers regarding children's sleep routines.
- Ensure staff receive appropriate safer sleep training.
- Comply with EYFS and DFE requirements

1. Legislation and guidance

This policy is based on advice from

- [Early Years Foundation Stage \(EYFS\) Statutory Framework](#)
- [DFE Guidance for Safer Sleep](#)
- [Guidance from The Lullaby Trust on safer sleep practices.](#)

2. Definitions

Safer Sleep: Practices that reduce the risk of sleep-related accidents and promote a safe sleeping environment for babies and young children.

Sleep Space: A cot, crib, or other approved sleeping area that is clean, firm, flat, and free from hazards.

Sudden Infant Death Syndrome (SIDS): Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of an apparently healthy baby, usually during sleep.

Supervision: The regular monitoring and checking of sleeping children by staff to ensure their safety, comfort, and well-being.

3. Roles and responsibilities

3.1 The Headteacher

The headteacher is responsible for:

- Ensuring that the safer sleep policy is implemented and reviewed regularly
- Ensuring all staff receive appropriate safer sleep training
- Monitoring compliance with safer sleep procedures
- Ensuring suitable sleep equipment and environments are provided.



3.2 Staff

Our staff are responsible for:

- Following Safer Sleep guidance and procedures at all times.
- Carry out and record regular sleep checks
- Report any concerns regarding a child's sleep, health or safety immediately
- Maintain a clear, safe and appropriate sleep environment

The senior leadership team will provide staff with appropriate training in relation to this policy and its implementation.

3.3 Parents

Parents and Carers are responsible for:

- Sharing information about their child's sleep routine, needs and medical advice
- Informing school of any changes to their child's sleep routines and health needs

4. Procedures

4.1 Safer Sleep Environment

- All sleep equipment meets current safety standards and is checked regularly for suitability and safety.
- Mattresses are firm, flat, clean, waterproof where appropriate, and fit securely within the cot or sleep space.
- Sleep environments are clean, safe, well ventilated, and maintained at a comfortable temperature.
- Bedding is clean, appropriate for the child's age, and securely fitted.
- Sleep spaces are kept clear of unnecessary items and potential hazards.
- Individual comforters may be used where appropriate to support a child's emotional well-being, provided they do not compromise safe sleep practices and are kept clean and in good condition.

4.2 Individual Sleep Arrangements

- Parents and carers are consulted to gather information about each child's sleep patterns, routines, and preferences.
- Sleep arrangements are reviewed regularly and updated where necessary to meet the child's changing needs.
- Staff work in partnership with families to maintain consistent sleep routines wherever possible.
- Any significant changes to a child's sleep needs or routine are discussed with parents and carers and recorded appropriately.



4.3 Supervision and Monitoring

- Sleeping children are checked regularly.
- Checks are recorded, including the time and comments on the child's condition.
- Sleeping children remain within hearing and/or sight of staff, with direct supervision used as the primary method of monitoring.
- Staff are trained to recognise signs of distress, illness, or discomfort.
- Children are monitored for signs of overheating or becoming too cold, and appropriate adjustments are made to clothing, bedding, or room temperature as required.

4.4 Clothing and Bedding

- Sleeping children are dressed appropriately for the room temperature.
- Bedding is kept clean and checked daily.

4.5 Health and Safety

- Sleeping children will be checked regularly to ensure they are comfortable and not too hot or too cold. Staff will assess a child's temperature by feeling the back of their neck and will make appropriate adjustments to clothing, bedding, or room temperature if the child feels clammy, sweaty, or unusually cold.
- Staff will follow infection prevention and controls in line with school policy and procedures
- Any concerns about a child's breathing, temperature, or wellbeing will be acted upon immediately and shared with parents. School safeguarding procedures will be followed.

4.6 Record Keeping

- Checks will be documented using the school proforma.
- Parents will be informed of any sleep patterns or changes noted.
- Any incidents or concerns are recorded and shared with parents.





