



Safe Sleeping Policy

Policy Name: Safe Sleeping Policy
Setting: Our Lady of the Rosary
Date Adopted: 09.09.26
Review Date: 09.09.27
Designated Lead: Stacey Howe (EYFS lead)

At **Our Lady of the Rosary**, we are committed to ensuring that all babies and young children sleep safely whilst in our care. We recognise our duty of care to follow current safe sleep guidance and to work in partnership with parents/carers to promote consistent and safe sleeping practices in line with EYFS requirements.

Safe Sleep Procedures

To ensure children are kept safe whilst sleeping, the following procedures are always followed:

Sleep Environment

- All babies are placed to sleep on their **backs** unless written medical advice states otherwise.
- Children are placed on an **individual sleeping mat appropriate to their age and stage of development**.
- Sleeping mats are clean, firm, flat, and positioned away from radiators, windows, blind cords, and hazards.
- No pillows, quilts, duvets, or loose bedding are used.
- The room temperature is maintained between **16–20°C**.
- Children are supervised at all times whilst sleeping.

Monitoring

- Sleeping children are checked at least every **10 minutes**, and checks are recorded.
- Staff visually check breathing, skin colour, temperature, and sleeping position.
- Any concerns are reported immediately to the room leader and management.

Arrival Procedures – Children Must Not Arrive Asleep

To ensure safeguarding and welfare standards are met:

- **Children must not be asleep upon arrival at nursery.**
- If a child arrives asleep in a car seat, pushchair, or being carried, parents/carers will be asked to wake the child before handover.
- Staff must visually check that the child is alert and responsive before accepting them into our care.



- Children will not be left sleeping in car seats, buggies, or other transport equipment once on the premises.

This procedure ensures:

- Accurate attendance records
 - Clear safeguarding handover
 - Monitoring of the child's wellbeing at the point of entry
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Individual Sleep Routines

We recognise that babies and young children have individual sleep routines.

- Any changes to routine must be discussed with staff.
 - Medical advice relating to sleep must be provided in writing.
 - Staff will work in partnership with parents while maintaining safe sleep guidance.
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Staff Responsibilities

- All staff receive safe sleep training.
- Staff understand signs of distress and overheating.
- Staff follow safeguarding and welfare procedures at all times.
- Any incidents relating to sleep are recorded and reported to parents immediately.

Safeguarding

Failure to follow safe sleep guidance may place a child at risk. Any concerns regarding a child's safety or wellbeing will be managed in line with our Safeguarding and Child Protection Policy.

Policy Review

This policy will be reviewed annually or in line with updated national guidance.