



Safe Sleep Policy 2026/27

St. Gregory's Catholic Primary School and Little Stars Nursery

This policy reflects the Department for Education Safer Sleep Guidance (September 2026). While the guidance is written specifically for babies and children aged two years and under, St. Gregory's and Little Stars Nursery recognise that it is good practice for all children who require rest or sleep during the nursery day to do so in a safe, supervised environment.

Safe Sleep Environment

Children who require a nap will normally sleep in the sensory room attached to the nursery. The area will be calm, comfortable and appropriately supervised.

Sleep Equipment

Children will sleep on an individual sleep mat. Children will not sleep on bean bags or other unsuitable equipment.

Supervision

A member of staff will supervise sleeping children at all times during their nap. Staff will regularly monitor children to ensure they remain safe and comfortable.

Health and Wellbeing

If a child appears unwell, has a raised temperature, or staff have concerns about their wellbeing before, during or after sleep, parents/carers will be contacted immediately.

Communication with Parents

Parents and carers will be informed whenever their child has slept during the nursery day.

Staff Training and Awareness

All EYFS staff have read the Department for Education safer sleep guidance and the NHS advice on Sudden Infant Death Syndrome (SIDS).

Reference Documents

DfE Safer Sleep Guidance: <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>

NHS SIDS Guidance: <https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>