# Safe Sleep Policy

September 2026

Review September 2027

At Tanworth-in-Arden CofE Primary School & Nursery, our vision is that every child is known, valued and loved as a unique individual created in the image of God.

Guided by our Christian vision and values, we are committed to providing a nurturing, inclusive and safe environment where all children can flourish academically, socially, emotionally and spiritually. We believe that every child deserves to feel secure, cared for and protected and that safeguarding is fundamental to enabling children to thrive.

We recognise that caring for children's physical wellbeing is an expression of our Christian commitment to serve others with compassion, dignity and respect. Through strong partnerships with families and high standards of care, we seek to create an environment where children feel safe, develop confidence and flourish as the unique individuals God created them to be.

This policy reflects our commitment to promoting children's wellbeing and ensuring that every child is cared for in a safe, nurturing and responsive environment.

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# 1. Aims

This policy applies to children aged two years and above attending the nursery provision at Tanworth-in-Arden CofE Primary School & Nursery.

The aims of this policy are to:

- Provide a safe, calm and comfortable environment for sleep and rest.
- Ensure safer sleep guidance is followed in line with current NHS and government recommendations.
- Ensure children are appropriately supervised at all times whilst sleeping or resting.
- Provide clear procedures for staff to reduce risks associated with sleep.
- Promote effective partnership working with parents and carers regarding children's sleep needs.
- Support the school's wider safeguarding culture and commitment to pupil welfare.

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# 2. Legislation and Guidance

This policy is informed by:

- NHS Safer Sleep Guidance.
- The Early Years Foundation Stage (EYFS) Statutory Framework.
- Keeping Children Safe in Education (KCSIE).
- Relevant safeguarding and health and safety legislation and guidance.

# 3. Principles of Safer Sleep

At Tanworth-in-Arden CofE Primary School & Nursery, we recognise that adequate rest and sleep are essential for children's health, wellbeing, learning and development.

We are committed to ensuring that every child who sleeps within the nursery provision is:

- Safe.
- Comfortable.
- Appropriately supervised.
- Supported according to their individual needs.

Staff will always balance parental preferences with professional judgement, ensuring that the welfare and best interests of the child remain paramount.

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# 4. Safer Sleep Procedures

## 4.1 Supervision

- Children are always within sight and hearing of staff whilst sleeping.
- A member of staff remains responsible for maintaining continuous supervision of sleeping children at all times.
- Sleep checks are undertaken every 10 minutes and recorded on the nursery sleep record.
- Staff actively supervise children throughout sleep periods and respond promptly to any concerns.
- Staffing arrangements ensure that sleeping children remain supervised whilst other nursery activities continue.

## 4.2 Sleep Environment

- Children sleep on individual sleep mats.
- Sleep mats and bedding are maintained in a clean and hygienic condition.
- Mattresses and sleep mats are regularly checked, cleaned and aired.
- The sleep environment is monitored to ensure children do not become too hot or too cold.
- Sleeping areas remain quiet, well ventilated and free from hazards.
- Sleep mats remain free from unnecessary items that could pose a risk during sleep.

## 4.3 Bedding and Comfort Items

- Individual bedding is allocated where appropriate.
- Bedding is stored hygienically and washed at least fortnightly, or immediately if soiled.
- Comforters from home may be used where agreed with parents and carers.
- Comfort items are stored in children's designated areas when not in use.

## 4.4 Safe Sleep Practice

- Children do not sleep in pushchairs at any time.
- No bottles are given during sleep periods.
- Children are supported to rest in a safe and comfortable position appropriate to their age and stage of development.
- Any alternative sleeping arrangements will be agreed with parents, documented and risk assessed where necessary.
- Staff ensure children are settled safely and checked regularly throughout the sleep period.

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# 5. Medical Needs and Individual Circumstances

The school recognises that some children may have additional needs or medical conditions that affect sleep.

Therefore:

- Any medical condition, additional need or identified factor that may affect a child's sleep, breathing or wellbeing will be discussed with parents and carers.
- Individual risk assessments will be completed where appropriate.
- Relevant information will be shared with staff on a need-to-know basis.
- All arrangements will prioritise the child's safety, wellbeing and welfare.

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# 6. Recording and Monitoring Sleep

A sleep record will be maintained for every child who sleeps within the nursery provision.

The record will include:

- Time the child falls asleep.
- Scheduled sleep checks.
- Time the child wakes.

- Any concerns observed.
- Significant information shared with parents and carers.

Sleep records will be monitored by leaders to ensure compliance with this policy and to identify any emerging concerns.

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# 7. Partnership with Parents and Carers

Effective communication between home and school is essential in promoting safe sleep practices.

The nursery will:

- Gather sleep information during settling-in sessions.
- Discuss sleep routines and preferences with parents and carers.
- Encourage parents and carers to notify staff of any changes to sleep patterns or health needs.
- Follow parental guidance wherever possible.
- Use professional judgement where this is necessary to ensure the child's wellbeing.
- Share sleep information through nursery communication systems where requested.

Children will not routinely be woken before they have slept for 30 minutes unless there is a welfare, safeguarding or wellbeing reason to do so.

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# 8. Safeguarding

Safer sleep arrangements form part of the school's wider safeguarding responsibilities.

Staff will:

- Receive safeguarding induction and ongoing safeguarding training.
- Understand their responsibility to supervise children effectively.
- Report any concerns relating to a child's health, safety or wellbeing in accordance with school procedures.
- Ensure children's welfare remains the priority throughout all sleep and rest periods.

Any safeguarding concerns identified during sleep supervision will be reported immediately in line with the school's Safeguarding and Child Protection Policy.

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# 9. Roles and Responsibilities

## 9.1 Governing Board

The Governing Board is responsible for:

- Ensuring that appropriate policies are in place for safeguarding and pupil welfare.
- Monitoring the effectiveness of safeguarding arrangements through regular reporting and challenge.
- Reviewing this policy in accordance with the agreed cycle.

## 9.2 Headteacher

The Headteacher is responsible for:

- Ensuring effective implementation of this policy.
- Monitoring safer sleep practice across the nursery provision.
- Ensuring staff receive appropriate training and support.
- Reviewing the policy in line with national guidance.

## 9.3 EYFS Lead and Nursery Manager

The EYFS Lead and Nursery Manager are responsible for:

- Day-to-day oversight of safer sleep arrangements.
- Monitoring sleep records.
- Supporting staff in implementing procedures consistently.
- Addressing any issues or concerns relating to sleep provision.

## 9.4 Staff

All staff are responsible for:

- Following the procedures outlined in this policy.
- Maintaining appropriate supervision.
- Completing required sleep records accurately.
- Raising concerns promptly.
- Working in partnership with parents and carers.

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# 10. Monitoring and Review

The implementation of this policy will be monitored through:

- Leadership monitoring.
- Review of sleep records.
- Safeguarding monitoring and reporting.
- Staff supervision and professional dialogue.
- Ongoing training and professional development.

This policy will be reviewed annually, or sooner where there are changes to:

- Statutory guidance.
- NHS safer sleep recommendations.
- EYFS requirements.
- Safeguarding expectations.
- School practice.

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# Equality Impact Statement

Tanworth-in-Arden CofE Primary School & Nursery is committed to ensuring equality of opportunity for all pupils, staff, parents and carers irrespective of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

This policy has been reviewed to ensure that it does not disadvantage any individual or group and is applied fairly and consistently.