

“A cord of three strands is not easily broken”

Ecclesiastes 4:12



Weeting Primary School Safer Sleep Policy



Agreed: September 2026

Reviewed: September 2027



Policy Statement

At Weeting Primary School we recognise the need for children to get the sleep they require to grow their cognitive, physical and emotional development. It is essential for children's health and well being that they have the sleep and rest time that they require. This policy and practice included in it are in line with the requirements of the Early Years Foundation Stage (EYFS) statutory framework and the recommendations made by The Lullaby Trust to minimise the risk of Sudden Infant Death Syndrome (SIDS).

All children's safety is paramount and we work in partnership with parents to ensure this is in place with regard to sleep practices. Children's individual needs, routines and medical requirements in relation to sleep must be respected and documented.

Where a child regularly requires a regular period of sleep during the school day, an individual care plan is completed in collaboration with the child's parents, the school SENCo and Headteacher. This plan will be reviewed half termly. A copy of the care plan is saved into the child's SEN folder, CPOMs and Smart Log. Children's care plans are shared with all staff involved in supervising sleeping. Sleep logs are completed for all children who have a sleep in the school regardless of whether this is a regular requirement or a one off event.

Sleep Position and Environment

- Children must be placed down to sleep on their backs.
- Every child should have their own separate, clear, flat, and firm sleep surface.
- The sleep space should be in a well ventilated area and free from hazards and clutter. The recommended room temperature for sleeping should be between 16°C to 20°C.
- Soft toys should be minimised unless age appropriate and safe and comforters and toys removed once the child is asleep.
- All loose blinds cords must be fixed to the wall.

Mattresses and Bedding

- A firm, flat, and waterproof mat should be provided. These are available in Acorn, Chestnut and Beech classes with additional mats available via the school office. Mats should be wiped down and dried after every use.
- A lightweight blanket should be used. This should be firmly tucked in no higher than the child's shoulders. A new blanket should be used for each child and each sleep time. Blankets are available in Acorn, Chestnut and Beech classes with additional blankets available via the school office. Blankets must be washed after each use.
- Children's heads must remain uncovered at all times.
- Hats, hoods and clothing must not obstruct the child's face or head.

Supervision

- An adult must stay in the same room with a sleeping child. All sleeping children must be frequently checked (every 10 minutes) and remain within the sight and hearing of staff.
- Children's individual sleep logs should be completed after each check.
 - Visual checks must confirm that:

- Breathing is normal.
- Skin colour is healthy.
- Sleeping position is safe.
- The child's face remains uncovered and is always unobstructed.
- Any concerns around a member of staff's supervision of a sleeping child must be reported to a Designated Safeguarding Lead (DSL) immediately and a Low Level Concern log raised.
- If an emergency situation occurs, for example a child is choking or appears unresponsive, emergency first aid will be administered by a First Aid trained member of staff. Emergency services will be contacted immediately and parents informed by a member of the School Office or Headteacher.

Wake on Handover

- All children must be awake prior to be handed over to a parent.
- Staff should gently wake the child in sufficient time before collection.
- The child's condition (alertness, mood, any concerns) must be communicated clearly to the parent at handover and recorded on the child's sleep log.

Sleep Log

Child's name:

Class:

[illegible]