Parish CE

Primary School

SAFE SLEEP POLICY

2026-2027

Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst in our care. Parish Nursery ensures that all children receive the rest and sleep that they need during their nursery day and regard it to be a highly important part of their personal and developmental needs

Legislation

This policy is based on the requirements of the Early Years Foundation Stage Statutory Framework 2025 for group and school based providers.

EYFS states:
"Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child." (EYFS 2025, paragraph 3.84)
As Pebbles and Pearls Nursery admits children from their second birthday, this policy focuses on safe rest, supervision and environment for children aged 2-4 years.
This policy is also informed by:

- NHS health and safety guidance
- Lullaby Trust safer sleep information (where relevant)
- Keeping Children Safe in Education

Introduction

We operate a Safe Sleep Policy that specifies the "back to sleep" position. Our Policy requires that the key person must discuss and share the Safe Sleep Policy with a child's parent or guardian before admission. Parents must sign a statement that they have received a copy of the policy.
All key persons working in our nursery are required to receive induction training on the Safe Sleep Policy. When introducing or sharing the policy with our parents the following will be discussed:
Ask about the child's sleep position at home
Where a child has a medical condition affecting sleep or supervision, this will be recorded in their individual care plan and shared confidentially with relevant staff.
Provide parents/carers with a copy of the Lullaby Trust UK Safe Sleep Guidance

Safe Rest and Sleep Procedures (Children Aged 2-4)

Staff follow these procedures to ensure children rest safely:

Supervision and monitoring

- Sleeping children are visually checked at least every 10 minutes.
- Checks may be more frequent for new starters, unwell children or those with additional needs.
- Staff check breathing, colour, temperature, sleep position and general safety.
- All checks are recorded in real time on the sleep monitoring chart.
- A member of staff remains in the sleep area or within sight or hearing distance at all times.
- Sleep records are monitored by the Early Years Lead or Headteacher.

Sleep environment

- Children rest on a clean, firm mat or bed appropriate to their age.
- Mats are spaced to allow safe movement and supervision.
- No loose items, cords or hazards are within reach.
- Blankets, where used, are kept below shoulder height.
- Children's faces remain visible at all times.
- Sleep areas are calm, well-ventilated and appropriately lit to maintain supervision.
- Equipment is checked regularly to ensure it is clean and safe.

Temperature and clothing

- Staff ensure children do not become too warm.
- Rooms are maintained at a comfortable temperature (around 16–20°C where possible).
- Excess clothing or heavy bedding is avoided.

Settling children

- Children are settled by familiar staff where possible.
- Calm reassurance or quiet music may be used.
- Children who do not sleep are offered quiet rest activities.

Waking children

Children will not be woken unless required for safeguarding, medical reasons, emergencies, or agreed parental arrangements.

Health and Safety Procedures

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- Mat beds are cleaned with antibacterial wipes once a child has finished sleeping

Used bedding should be placed in the covered box marked – 'used bedding' and washed daily in non-biological washing detergent.

- Torn or ripped bedding is removed immediately and replaced

Parents asked prior to children starting Nursery if their child has allergies to washing detergent and if so, appropriate precautions taken – such as parents supplying and washing own bedding.

Staff

- Follow safe supervision procedures during rest periods
- Complete monitoring checks and records accurately
- Maintain a safe and calm sleep environment
- Respond to children's individual rest needs
- Raise any concerns immediately with the room lead or DSL

Leaders

- Monitor implementation of this policy
- Review sleep records
- Ensure staff training remains current
- Undertake periodic environment checks

Parent's wishes

The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met. Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be considered provided that these wishes are in the child's best interests.

Monitoring and review

This policy is monitored by the governing body, and will be reviewed in two years, or earlier if necessary.

Reviewed	July 2026
Next Review	July 2027

Appendix 1- Safe Sleep Parent Agreement

Date _____

I the undersigned parent/guardian of _____ (child's name) do hereby state that I have read and received a copy of Parish CE Nursery's Safe Sleep Policy.

- My child preferred sleeping position is

- _____

- I agree for my child's bedding to washed with Fairy Non-Bio Washing Powder Yes/No

If No, please agree to wash your child's bedding after each visit.

Child's Date of Admission: _____ Parent/Guardian

Signature: _____

Date: _____

Appendix 2- Safe Sleep Chart

How to Use the Daily Sleep Log:

Date	Time settled	Sleep position	Checked time and initial	Checked time and initial	Checked time and initial	Checked time and initial	Checked time and initial	Checked time and initial	Checked time and initial	Checked time and initial	Time woken

Appendix 3- Lullaby Trust guidance

//www.lullabytrust.org.uk/baby-safety/safer-sleep-information/safer-sleep-overview/