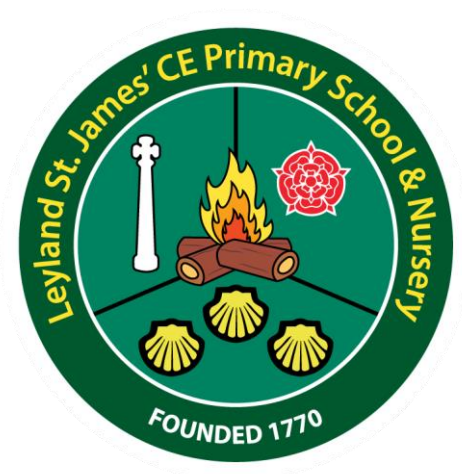


Leyland St James' C of E Primary School and Nursery



Safer Sleep Policy

Last reviewed	July 2026
Reviewed by	Full Governing Body
Next review date	July 2027

Introduction

At Leyland St James' C of E Primary School and Nursery, we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with caregivers to ensure there is consistency between home and our setting.

Caregivers will be asked to provide details of their children's routines before their first day, including the usual duration and time(s) of their nap(s), as well as settling techniques used at home. If there are any changes to the child's routine, this should be communicated to the setting straight away. Caregivers will be notified of their child's sleep via the Family app. The times will be recorded when the child falls asleep and upon waking.

We follow statutory guidance on safer sleep and have thorough risk assessments in place regarding sleep and nap times. Our risk assessments include necessary precautions to help minimise the risks associated with SIDS (Sudden Infant Death Syndrome).

At Leyland St James' C of E Primary School and Nursery, we will wake a child at the end of their allocated sleep time gently/we will not wake sleeping children and allow them to wake naturally.

Aims

This policy aims to:

- Ensure children who fall asleep during the school day are supervised appropriately.
- Reduce risks associated with sleeping in unsuitable positions or environments.
- Support children with identified SEND, medical, or wellbeing needs.
- Provide clear guidance for staff on responding to sleeping children.
- Ensure parents and carers are informed where appropriate.
- Promote consistent practice across the school.

Scope

This policy applies to:

- All children aged 3–11 years.
- All staff (not including non-teaching students).
- All areas of the school where a child may rest or fall asleep.

Responsibilities

Headteacher

The Headteacher will ensure:

- Appropriate procedures are implemented.
- Staff receive relevant training.
- Risk assessments are completed where required.
- Safeguarding procedures are followed.

Staff

Staff must:

- Monitor sleeping children appropriately and regularly.
- Follow individual healthcare plans, SEND support plans, or risk assessments.
- Record and report concerns.
- Inform parents where necessary.
- Staff will follow any agreed healthcare plans or education, health and care plans (EHCPs).

This may include:

- Access to a quiet resting area.
- Additional supervision.
- Specific positioning requirements advised by healthcare professionals.

Communication with Parents and Carers

Parents and carers will be informed when:

- A child has slept unexpectedly for a significant period.
- Sleep is linked to illness or injury.
- Sleep patterns are causing concern and/or regular interrupted learning.

Where sleep is part of an agreed SEND or medical provision, arrangements will be discussed and reviewed regularly with parents.

Record Keeping

Staff should record:

- Significant sleep episodes.
- Any concerns identified.

Records will be maintained in accordance with school policies and data protection requirements.

Safeguarding

Any unexplained excessive sleepiness, unusual presentation, repeated episodes of falling asleep, or concerns regarding a child's welfare will be considered within the school's safeguarding procedures.

Staff must report concerns to the Designated Safeguarding Lead (DSL).

Monitoring and Review

This policy will be reviewed annually or sooner if:

- Legislation changes.
- EYFS requirements are updated.
- New safeguarding guidance is published.
- School practice indicates a need for review.

The school will continue to monitor developments in EYFS statutory guidance and recognised safer sleep recommendations.

Safe Sleep Procedures

At Leyland St James' C of E Primary School and Nursery, careful consideration is given to the safest environment for children to sleep and rest.

Toddlers and young children who require sleep or rest will sleep within the **Seedlings room**.

The setting will consider:

- the safety and suitability of the sleep bed or cot;
- the room temperature;
- any potential hazards within the sleep environment;

- the positioning of sleep spaces; and
- how each child will be monitored while asleep.

In accordance with the **Early Years Foundation Stage Statutory Framework (EYFS)**, the nursery will ensure that toddlers and young children are kept safe while sleeping.

Safer sleeping guidance applies to both babies and toddlers.

The nursery's Sleep Policy and Procedures follow relevant statutory guidance and recognised safer sleeping advice.

All staff are expected to be familiar with NHS guidance relating to **Sudden Infant Death Syndrome (SIDS)**.

- The nursery's safer sleeping procedures also take account of guidance provided by The Lullaby Trust.
- Sleep spaces will contain only:
 1. a firm and flat sleeping surface;
 2. a fitted cot-bed sheet; and
 3. lightweight cellular bedding where required.

Cellular blankets will be positioned below the child's shoulders to reduce the risk of bedding covering the child's head or face.

Where appropriate, a well-fitted sleep bag may be used, provided the manufacturer's age, size, weight and temperature recommendations have been checked.

Duvets and quilts will not be used during sleep times due to the increased risk of overheating.

Children sleep on certified folding sleep mats which are:

- waterproof;
- easy to clean;
- suitable for regular use; and
- comfortable and appropriate for young children.

A room temperature of approximately **16°C to 20°C** will be maintained wherever possible. Thermometers will be used to monitor room temperature and help ensure that children do not become too hot or too cold.

Sleep spaces will be positioned away from:

- direct heat sources;
- direct sunlight; and
- significant draughts.

Precautions will be taken to reduce the risk of overheating. Children will not sleep wearing:

- outdoor coats;
- thick jumpers or cardigans;
- hats; or
- other excessive layers.

Hot water bottles, electric blankets and portable heaters will not be used within children's sleep spaces.

Muslins, blankets or other fabrics will not be placed over or around a child's head or face while sleeping.

Sleep spaces will be kept free from:

- toys;
- cot bumpers;
- cushions or pillows;
- sleep positioners;
- wedges; and
- loose or excessive bedding.

Comforters or comfort objects may be permitted where these have been checked as suitable and do not present a choking, strangulation or suffocation risk.

Drinks will not be given to children while they are asleep, as these may present a choking risk.

Where appropriate, practitioners will discuss the risks associated with prop feeding with parents and carers and reinforce safer feeding practices.

After Sleep

After each sleep period, mattresses will be thoroughly wiped down using the setting's approved cleaning procedures.

Each child's bedding will be placed into their own individually identified bedding bag.

Bedding will be stored safely between uses and managed in accordance with the setting's hygiene procedures.

Working with Families

In addition to following safer sleeping procedures within the setting, the nursery aims to support families by sharing appropriate information and guidance about safer sleep practices.

Practitioners will work in partnership with parents and carers to help them make informed decisions regarding their child's sleep arrangements at home.

Where a parent or carer requests a sleep practice that does not align with recognised safer sleeping guidance, this will be discussed sensitively on an individual basis.

The child's safety, wellbeing and the setting's duty of care will remain paramount when considering any parental request.

Emergency Procedures

All staff are aware of the appropriate emergency response if a child:

- cannot be roused or woken;
- stops breathing;
- experiences difficulty breathing;
- appears unusually confused or unresponsive; or has a seizure.

In these circumstances, staff will call **999 immediately** and follow the setting's emergency and first-aid procedures.

Settling Procedures

At **Leyland St James' C of E Primary School and Nursery**, we recognise that each child's sleep and settling routine is individual.

Practitioners will work closely with parents and carers to support consistency between home and nursery wherever possible.

Individual routines, comfort needs and settling preferences will be considered while ensuring that recognised safer sleeping practices and the setting's duty of care are maintained at all times.

Where a child uses a dummy, this should be provided by the parent or carer.

Dummies will be stored appropriately with the child's personal belongings when not in use.

Dummies must not have neck cords, clips with long attachments or any item that could present a strangulation risk.

Children may self-settle or be supported to settle by a practitioner, according to their individual needs and usual routine.

Practitioners will follow parents' and carers' wishes wherever it is safe and appropriate to do so.

When supporting children to settle, practitioners will always consider:

- the child's individual needs and wellbeing;
- recognised safer sleeping guidance;
- the safety of the sleep environment; and
- the needs and wellbeing of other children within the provision.