The Acorn Partnership

Marston Montgomery Primary School

Long Lane C of E Primary School

Safer Sleep Policy

Policy written – October 2026
Policy review – October 2027

Safer Sleep Policy

1. Introduction & Purpose

This Safer Sleep Policy provides a clear framework to ensure the health, safety and wellbeing of all children who require rest or sleep during the school day. We recognise that sleep and rest play an essential role in supporting children's development, emotional regulation and overall wellbeing. This policy is implemented in accordance with the Early Years Foundation Stage (EYFS) Statutory Framework, particularly section 3.84, which requires that:

"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, and that babies are placed down to sleep safely in line with the latest government safety guidance."

Staff must also refer to the latest NHS safer sleep guidance:

- *Reduce the risk of sudden infant death syndrome (SIDS)* – NHS
- *Sudden infant death syndrome (SIDS)* – NHS
- Promoting Safer Sleeping for Infants - Guidance for Practitioners

2. Safe Sleep Procedures

To ensure safe and appropriate rest opportunities, the following procedures are in place:

- Children will rest or sleep only in designated safe sleep areas.
- All sleeping children are checked every 10 minutes, and checks are documented.
- Sleep areas are positioned safely within the classroom to ensure accessibility and visibility.
- The room temperature is monitored and maintained at a safe level (ideally 16–22°C) and adjusted seasonally.
- Bedding and sleep equipment are kept clean, in good condition, and age appropriate.

3. Supervision and Staffing

- Staff remain within sight or hearing of sleeping children at all times.
- Adult-to-child ratios are maintained in accordance with statutory EYFS requirements.

All sleep checks include:

- Time child fell asleep
- Times checks were carried out
- Observations made
- Time child woke up
- Parents are informed daily of their child's sleep patterns.
- If a child falls asleep in a non-designated area, staff will safely transfer the child where possible. If this is not appropriate due to the child's sleep state, staff will apply the safe sleep procedures and monitoring outlined in this policy.

4. Safe Sleep Environment Requirements

Children will only sleep or rest in areas that meet the following safety conditions:

- Firm, flat surface, with children positioned on their backs.
- Covers are used no higher than the child's shoulders.
- The sleep area is free from hazards, obstructions, loose items, soft toys, and overheating risks.
- Temperature is considered carefully; staff will adjust clothing or layers to maintain comfort without risk of overheating.

5. Designated Sleep Areas

Reception: Designated quiet rest area

6. Communication With Parents

- Sleep needs and preferences will be discussed with parents on admission.
- Any changes to sleep patterns, unusually long sleep periods, or concerns about a child's wellbeing will be shared with parents promptly.
- If a recurring sleep pattern impacts a child's engagement, learning, or development, staff will work with families to identify supportive strategies.

7. Staff Training and Responsibilities

All staff working with children in Reception must be trained in the setting's Safer Sleep Policy as part of their induction. This training ensures that all practitioners understand the importance of safe sleep practices, current NHS and EYFS guidance, and their responsibilities when supervising sleeping children. Training will include:

- Understanding the EYFS Statutory Framework, particularly section 3.84
- Familiarity with NHS safer sleep guidance (SIDS prevention)
- The setting's specific procedures, including:
    - Sleep area setup
    - Monitoring and 10-minute checks
    - Correct sleep positioning
    - Temperature and clothing considerations
    - Recording and documenting sleep
- Recognising signs of distress, overheating, or unsafe sleep environments
- Procedures for what to do if concerns arise

To maintain consistent and up-to-date practice:

- Refresher training will be completed annually or sooner if guidance changes.
- Staff will be informed promptly when national guidance (NHS, government, local safeguarding partners) is updated.

Where staff show uncertainty or inconsistent practice, additional coaching will be arranged.

- All staff are responsible for following this policy consistently during the school day.
- Staff must ensure they remain within sight or hearing of sleeping children at all times.
- Staff are responsible for accurate completion of the Safer Sleep Monitoring Checklist.
- Any breach of policy, identified risk, or concern must be reported immediately to the EYFS lead or safeguarding lead.
- Leaders will monitor implementation through:
    - Review of monitoring records
    - Feedback from staff and parents

Staff will:

- Share sleep-related information during parent meetings and transitions.
- Communicate any concerns about sleep patterns or wellbeing promptly.
- Work collaboratively with families to understand children's routines and needs.

This ensures consistency between home and school and supports children's health, comfort, and emotional development.

*** While this policy applies specifically to children under five (Reception), all staff are required to

familiarise themselves with the procedures should any child in their care sleep during the school day to ensure their safety and wellbeing.

Appendix 1

Safe Sleep Monitoring

Date	Name of Child	Time of sleep	Time awake	Environment checked	10-minute checks	Staff Member	Parents informed/ signature