

“Be strong and courageous; do not be afraid, for it is the LORD your God who goes with you.”

Gosforth C of E Primary School and Nursery



Sleep Policy

Approved by	
Name:	Mark Fussell
Position:	Chair of Governors
Signed:	<i>M. Fussell</i>
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Review Date:	September 2028

Introduction

At Gosforth C of E School and Nursery we are committed to providing a safe sleeping environment for all babies and children in our care. We recognise that following safer sleep practices significantly reduces the risk of Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Death in Childhood (SUDC), and sleep-related accidents.

All staff are responsible for implementing this policy and ensuring that every child is provided with a safe, comfortable, and age-appropriate sleep environment.

Aims

This policy aims to:

- Promote safer sleep practices for all children.
- Reduce risks associated with sleep-related incidents.
- Ensure compliance with the Early Years Foundation Stage (EYFS) statutory framework.
- Ensure children are supervised appropriately during sleep periods.
- Work in partnership with parents and carers regarding children's sleep routines and needs.

Sleeping Arrangements

Babies Aged 12 Months and Under

Babies aged 12 months and under will only be placed to sleep in:

- A cot
- A travel cot

During registration, parents/carers must inform the setting if their child was born prematurely or had a low birth weight.

All sleep equipment will be used according to manufacturer instructions and maintained in good condition.

Floor beds, sleep pods, coracles, and other non-compliant sleep spaces will not be used for babies under 12 months.

During the registration and settling-in process, parents/carers must inform the nursery if their child was born prematurely had a low birth weight This information will be used to complete an individual safer sleep risk assessment and ensure that any advice or recommendations from healthcare professionals are followed

Children Over 12 Months

Children over 12 months may sleep in:

- A cot

- A suitable mattress on the floor

Each child will have their own separate sleeping space.

Safe Sleep Position

Staff will:

- Place all babies and children under two years of age on their backs to sleep.
- Continue to place babies on their backs even when they can roll independently.
- Allow babies who can roll independently to find their own sleeping position.
- Babies and children will be placed in the 'feet to foot position' with their feet touching the end of the cot/mattress.
- Children will never be placed to sleep on their front or side unless supported by specific written medical advice.

Sleep Environment

All sleep spaces will:

- Be clear, flat, firm, and safe.
- Contain only a firm, waterproof mattress.
- Be free from pillows, cushions, cot bumpers, wedges, positioning devices, straps, toys, and loose items.
- Be regularly checked for cleanliness and safety.
- Have soft lighting, white noise or gentle lullabies to create a calm environment.

Bedding

Where bedding is used:

- Lightweight blankets will be firmly tucked in no higher than the child's shoulders.
- Babies will be positioned feet-to-foot at the bottom of the cot.
- Children are provided with individual, clean bedding. Bedding is a breathable fabric to keep children and babies cool.
- Alternatively, an appropriately sized baby sleep bag may be used according to the manufacturer's guidance.
- Children's heads must remain uncovered at all times.
- Sleep comforters may only be used for children over 12 months of age.

Temperature and Clothing

Staff will ensure that children do not become too hot or too cold.

- Room temperature will be maintained between 16°C and 20°C, where possible.
- Clothing and bedding will be appropriate for the room temperature. Bids, hoods and thick cardigans will be removed.

- The children will be clean and comfortable to go to sleep.
- Staff will check children's temperature by feeling their chest or back of the neck. If a child appears too warm, layers of clothing or bedding will be removed.
- Professional judgement will be used during periods of extreme weather.

Supervision During Sleep

- All sleeping children sleep in the same room as a supervising adult.
- All sleeping children will be checked regularly and frequently.
- Children must remain within sight and hearing of staff at all times.
- Children will not be left to cry alone – staff respond promptly to soothe and comfort.
- We aim to allow children to wake naturally, where possible, to prevent distress and ensure emotional security.
- Sleep checks will be recorded in accordance with setting procedures.

Sleep While Travelling

If a baby or child falls asleep whilst travelling:

Babies Aged 12 Months and Under

- Babies will be transferred to their cot or other compliant sleep space immediately upon returning to the setting.
- Hats, coats, and excessive layers will be removed to prevent overheating.

Children Over 12 Months

- Children will be transferred to their own separate sleep space wherever possible.
- Prams and pushchairs will not be used as a child's primary sleep space.

If a baby or child falls asleep in a car seat, they will be moved to a suitable sleep space as soon as practicable upon arrival at the setting.

Equipment Safety

The setting will ensure that sleeping equipment is:

- Well maintained and regularly inspected.
- Fit for purpose.
- Used according to manufacturer instructions.
- Replaced if damaged or no longer suitable.
- Complies with relevant British Standards.

Partnership with Parents and Carers

We will:

- Share our safer sleep practices with parents and carers.
- Discuss individual sleep routines and requirements.
- Record agreed sleep arrangements
- Inform parents immediately of any concerns regarding their child's sleep.

Parental preferences that conflict with safer sleep guidance will be discussed and a risk assessment undertaken where necessary.

Staff Training

All staff will:

- Receive safer sleep information during induction.
- Be trained in the setting's safer sleep procedures.
- Understand the signs of overheating and unsafe sleep environments.
- Follow this policy consistently and report any concerns immediately.
- Refer to NHS advice on Sudden infant death syndrome (SIDS)
<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>
- Refer to Safer Sleep Guidance from The Lullaby Trust
<https://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/>

Monitoring and Review

The Deputy manager will:

- Monitor adherence to this policy.
- Review sleep practices regularly.
- Investigate and record any incidents or near misses.
- Update the policy in line with changes to legislation, guidance, or best practice