SAFE SLEEP POLICY

Date adopted:	14/09/2026		Last reviewed:	14/09/2026
Review cycle:	Annual		Is this policy statutory?	No
Approval:	CEdO		Author:	Head of Early Years
Local approval*:	Headteacher		Local author*:	Early Years Lead
			Next Review Date of Template Policy: 01/09/2027	

*Local approval will either be the local committee, the head teacher, or the CEO (refer to policy schedule)

Revision record
Minor revisions should be recorded here when the policy is amended in light of changes to legislation or to correct errors. Significant changes or at the point of review should be recorded below and approved at the level indicated above.

Revision No.	Date	Revised by	Approved date	Comments
1	16/09/2026	A Scott	1/10/2026	New Trust policy

1. Introduction

The Good Shepherd Trust is committed to ensuring the safety, health and wellbeing of all children in its care.

It is the intention of the trust that this policy reflects our vision of "Flourishing Together" and our values of kindness, integrity and resilience.

Where children sleep within school or nursery provision, arrangements will be implemented in line with current safer sleep guidance and the EYFS Statutory Framework. The Trust recognises its responsibility to minimise risks associated with sleep and promote safe sleeping practices at all times.

This policy has been adopted for implementation from September 2026 in line with EYFS safer sleep requirements and safeguarding responsibilities

2. Purpose

This policy aims to:

- Ensure safe sleeping arrangements for all children
- Reduce the risk of sudden infant death and sleep-related accidents
- Provide consistency across Trust settings
- Clarify staff responsibilities
- Ensure compliance with EYFS safeguarding and welfare requirements

3. Scope

This policy applies to:

- Nursery provision
- Two-year-old provision
- Wraparound provision where children sleep
- Any EYFS setting providing sleep or rest opportunities

The policy is most relevant for children under two years of age but should inform practice for all children who sleep in school provision.

4. Statutory Requirements

The Trust will comply with:

- EYFS Statutory Framework (September 2026)
- Safeguarding and Welfare Requirements
- Current NHS safer sleep guidance
- Local safeguarding partnership guidance
- Health and Safety legislation

5. Principles of Safe Sleep

The Trust will ensure that:

- Every child sleeps in a safe environment
- Sleeping arrangements are individually considered
- Parents are involved in discussions regarding sleep routines
- Children's welfare remains the priority at all times
- Staff understand safer sleep guidance and procedures

6. Sleep Environment

Pupils will sleep in an environment that is:

- Safe, clean and well maintained
- Of a safe temperature following current NHS/Lullaby Trust guidance
- Appropriately ventilated
- Comfortable and quiet
- Regularly monitored by staff

7. Positioning of Babies

Children under two years of age will:

- Be placed on their backs for sleep
- Have their heads uncovered
- Be positioned with feet at the foot of the cot where appropriate

Unless supported by written medical advice, babies should not:

- Sleep on sofas or soft furnishings
- Sleep in car seats for extended periods
- Be placed on their side or front to sleep

8. Bedding and Equipment

The following must not be used in cots:

- Pillows
- Duvets
- Quilts
- Cot bumpers
- Weighted blankets
- Soft toys
- Loose bedding

Staff will ensure sleep spaces are free from hazards before use.

9. Monitoring Sleeping Children

Staff will undertake regular checks of sleeping children (every 10 minutes).
Checks will include:

- Breathing
- Colour
- Temperature
- Position
- General wellbeing

Sleeping children will always be within sight or hearing of staff. A sleeping child is never left unsupervised.

10. Sleep Records

Where children sleep regularly within provision, records include:

- Time sleep commenced
- Time child woke
- Sleep observations
- Any concerns
- Staff initials

Records will be retained in accordance with data protection requirements.

11. Partnership with Parents

Parents and carers will be consulted regarding:

- Sleep routines
- Comforters (where appropriate)
- Medical needs
- Cultural preferences
- Changes in sleep patterns

Any concerns regarding a child's sleep habits or wellbeing will be shared with parents promptly.

12. Children with Additional Needs

Additional risk assessments may be required for children with:

- Medical conditions
- Respiratory conditions
- Physical disabilities
- Complex health needs

Individual care plans should identify any specialist requirements.

13. Staff Responsibilities

All staff must:

- Follow this policy
- Undertake required training
- Report concerns immediately
- Record sleep checks accurately
- Maintain a safe sleeping environment

Staff should challenge unsafe sleep practices and seek guidance where unsure.

14. Staff Training

The Headteacher will ensure relevant staff receive training in:

- EYFS safer sleep requirements
- Safe sleeping guidance
- Safeguarding responsibilities
- Risk assessment procedures
- Emergency response procedures

Training records will be maintained.

15. Emergency Procedures

If a sleeping child:

- Is unresponsive
- Experiences breathing difficulties
- Shows signs of illness or distress

Staff must:

1. Follow emergency procedures
2. Summon a qualified first aider
3. Contact emergency services if required
4. Inform parents immediately
5. Complete appropriate records

16. Risk Assessment

Settings providing sleep opportunities will maintain a risk assessment covering:

- Sleep environment
- Staffing
- Equipment
- Monitoring procedure
- Medical needs
- Emergency arrangements

Staff will work with parents to record and implement each child's individual sleep routine, including preferred settling methods, comforters, sleep times and any agreed adaptations to usual practice. Any changes will be documented and shared with relevant staff.

Risk assessments will be reviewed annually and whenever circumstances change.

17. Monitoring and Quality Assurance

The Headteacher and EYFS Leader will monitor:

- Safe sleep procedures
- Staff training
- Risk assessments
- Sleep records

- Compliance with EYFS requirements

Monitoring may include:

- Learning walks
- Documentation reviews
- Staff discussions
- Internal audits

18. Related Policies

- EYFS Policy
- Safeguarding and Child Protection Policy
- First Aid Policy
- Allergy Safety Policy
- Health and Safety Policy
- Intimate Care Policy
- Supporting Pupils with Medical Conditions Policy
- Educational Visits Policy
- Risk Assessment Policy

Related guidance:

- EYFS Statutory Framework September 2026
- NHS Safer Sleep Guidance
- The Lullaby Trust Guidance

19. Appendix 1: Safe Sleep Checklist

	Check
Before sleep/rest	
☐	Child is appropriately dressed for sleep/rest and is not overheating
☐	Child has been checked for signs of illness or distress before settling
☐	Sleeping/rest area is clean, calm and suitable
☐	Mat is clean, secure and in good condition
☐	Light weight blanket and flat, firm pillow are appropriate, clean and dry
☐	No soft toys or other unsuitable items are present where these could create a suffocation/entrapment risk
☐	Sleeping area is free from cords, blind strings and other hazards
☐	Room temperature and ventilation are appropriate
During sleep/rest	
	Child is positioned safely in accordance with current safe-sleep guidance and their individual needs
☐	Child can breathe freely and their face/head is not covered
☐	Child is not showing signs of overheating, sweating or distress
☐	Child is not placed in a position where they could become trapped or fall
☐	Sleeping child remains appropriately supervised
☐	Staff carry out and record regular physical checks (every 10 minutes)
☐	Staff check breathing, position, colour and general wellbeing
☐	Any change in a child's condition is acted upon immediately
After sleep/rest	
☐	Child is checked as they wake
☐	Sleep record completed
☐	Mat is cleaned or stored safely after use along with light weight blanket and small firm pillow
☐	Any change to the child's sleep/rest needs has been communicated to parents/carers and relevant staff
☐	Any identified environmental or equipment issue has been reported and addressed

20. Appendix 2: Sleep Monitoring Record

ASHLEY

Ashley's EYFS Safe Sleeping Record

Child's name: Year group/class: Adult Supervising:

Start time: End time:

			Time (every 10 minutes)					
✓	**Safe position**	Child is positioned safely in line with current safe-sleep guidance and their individual needs.	☐	☐	☐	☐	☐	☐
✓	**Airway clear**	Child's face and head are uncovered and they can breathe freely.	☐	☐	☐	☐	☐	☐
✓	**Temperature**	Child is not overheating, sweating or showing signs of distress.	☐	☐	☐	☐	☐	☐
✓	**Safe environment**	Child cannot become trapped, wedged or fall.	☐	☐	☐	☐	☐	☐
	Action taken							

21. Appendix 3: Safe Sleep Risk Assessment

Hazard	Risk	Control Measures
Unsafe sleep position	Breathing difficulties or airway obstruction	Place babies on their backs to sleep, unless an alternative position is specifically advised by a medical professional.
Excess bedding	Overheating or restricted breathing	Follow safer sleep guidance. Use appropriate bedding and clothing for the child's age, needs and room temperature. Keep the baby's head and face uncovered.
Inadequate supervision	Delayed response to concerns or changes in the child's condition	Carry out regular documented monitoring checks. Staff remain aware of sleeping children and respond promptly to any concerns.
Unsafe equipment	Injury, falls or entrapment	Ensure cots and sleep equipment are safe, suitable and in good condition. Complete regular equipment inspections and remove damaged equipment immediately.
Medical condition or individual need	Increased vulnerability or increased risk during sleep	Complete an individual risk assessment and care plan where required. Ensure all relevant staff are aware of the child's individual needs and required procedures.