HENLEY GREEN
Primary School

Safer Sleep Policy

At Henley Green Primary school, we understand that sleep supports young children's development and ensuring a safe sleeping routine for all children is paramount.

We aim to support children in getting enough sleep to support their development and reflect their natural sleeping rhythms in a safe environment.

Our policy has been developed in line with advice provided by Lullaby Trust to minimise the risk of Sudden Infant Death (SUDI) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework.

Prior to every child being placed to sleep, a risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure.

To promote safe sleep on every occasion practitioners will ensure:

· If a child falls asleep during the session, and this is not part of their usual routine, a phone call will be made if the child remains asleep for 10 minutes. During this phone call, practitioners will discuss why the child may need a sleep and if it is felt that the child is unwell parents will be asked to collect the child.

· As good practice, during the first few weeks at nursery, a new child will not be left unsupervised whilst sleeping until we are familiar with the child and their sleeping routines.

· Young children are never left alone with a bottle/feeding cup to self-feed.

· Young children are placed on their backs to sleep, if they are not yet able to independently roll onto their tummy, following advice from Lullaby Trust, initially they will be gently placed onto their back again. However, once a young child can independently roll from back to front and back again, they can be left to find their own natural sleep position.

· Young children will always sleep in a space where an adult is present in the room, they are never left unsupervised.

· Physical checks are completed and recorded every ten minutes (see Appendix 1).

· When monitoring the young child's welfare, we will look for the rise and fall of the chest and if the sleep position has changed.

· Where a child has a dummy, check it is not obstructing the babies/ young child's breathing, as good practice, we will remove the dummy once the child is asleep.

· Where a practitioner has any concerns regarding the safety of a child's sleep pattern or routine, they will ask questions and take action.

· Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.

Provide a safe sleeping environment by:

· Using a floor mattress and a clean fitted sheet and ensuring babies/young children are appropriately dressed for sleep to avoid overheating.

· Carry out checks on the condition of sleeping equipment at each use and take action if they are damaged or unsafe to use.

· Checking dummies or comforters are in good / safe condition. Young children can choke on damaged dummies and lose threads in blankets.

· Monitor the temperature in sleep areas.

· Only sleep babies in prams/buggy if this is agreed in advance, the buggy lies flat and parents' have given written consent.

· Keeping sleep spaces/ areas clear.

· Keeping all spaces around cots and beds clear from potential hazards for example, drawstring bags/nappy sacks/plastic bags.

· Ensuring every young child is provided with clean bedding.

· Transferring any young child who falls asleep while being nursed/ at mealtime or during play to a safe sleeping environment.

· Having a no smoking policy to ensure young children are not subject to passive inhalation of smoke fumes.

· Ensuring procedures are in place to ensure staff uniforms or clothing do not smell of smoke. This may include staff changing out of their uniform/work clothes prior to a break if they are to smoke or be in a smoke-fume environment during their break.

Unexpected situations:

Where a child does fall asleep in a buggy and cannot be moved to a safe sleep space, perhaps when attending a group or on an outing, we will ensure:

· The buggy is placed next to / backs onto a wall to reduce the risk of tipping over.

· We can see and hear the child at all times.

· Children playing nearby are not able to climb onto the buggy or into the buggy shopping basket.

· The period of time the child sleeps in a buggy is kept to a minimum and they are transferred to a safe sleeping position as soon as possible.

Sleeping routines will be reviewed and updated at timely intervals to reflect the young child's changing needs. This may be at the request of the parent or the key person. Any requests from a parent for a young child to adopt a sleeping routine not supported by this policy will be agreed in discussion with the parent/ key person and EYFS lead. Where applicable medical advice will be sought.

Monitoring and Review

This policy will be reviewed by the Governing Body by July 2026.

Appendix 1 – Sleep log template

Name	Date/ Temp	Time fallen asleep **and** Time woke up	Times Checked (10 mins, breathing, position)	Any notes