



Safe Sleep Policy

Aims

This sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

Legislation

This policy is based on requirements set out in the 2021 Statutory Framework for the Early Years Foundation Stage (EYFS). This links to the NHS Safer Sleep Guidance and guidance from the Lullaby Trust UK.

Implementation

At Highbury Primary School & Nursery, we operate a Safe Sleep Policy that specifies the "back to sleep" position. This Safe Sleep Policy underlines the nursery's approach to ensuring safe sleeping practices are maintained throughout the setting through robust training, regular risk assessing and open communication with parents and colleagues. These practices are implemented to enhance the awareness of safer sleep and to reduce the risk of SIDS (Sudden Infant Death Syndrome) and other sleep related accidents.

Children can join Highbury Primary School & Nursery from the age of 9 months. During the settling-in process, staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and nursery. Parents will be signposted to the Family documents section, where a copy of this policy can be found. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Principles

We will ensure that:

- Babies aged 1 year and under will only be placed to sleep in a cot.
- Children will be placed down on their back in their own separate sleep space on a firm, flat surface such as a cot, bed or mattress on the floor. The only exception to this is if there is a signed sleep position medical waiver on file. A copy of the waiver must be signed by the child's doctor and will be displayed in the sleep room.
- Children will be laid feet to foot end of the bed/cot, head not at the top.
- If a child falls asleep in a sitting position, a practitioner will move them onto a firm, flat surface to sleep on their back.
- Staff will understand that moving and rolling during sleep is an important part of a child's development and that repositioning may disturb their sleep and/or comfort. Children will only be repositioned if they have moved in a way that is disrupting their ability to breathe or is otherwise potentially harmful.

- Only lightweight bedding will be used (no pillows or duvets), and this will be firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used.
- Children's heads are not covered.
- Cots will not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children will not get too hot or cold. The recommended room temperature for babies is 16-20°C. Room temperatures are recorded daily on an environment checklist.
- Children are always within sight and hearing of staff when sleeping.

Training

All practitioners will receive training on our Safe Sleep Policy and SIDS (Sudden Infant Death Syndrome) risk reduction.

Supervision

Practitioners will check sleeping children at least once every 10 minutes to ensure they are safe. A visual check will be made on the child's breathing, looking for the rise and fall of the chest. This interaction will be recorded on the Family sleep check log.

Sudden Infant Death Syndrome

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history in the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep babies safer while they sleep.

Supporting Parents with Children's Sleep

For some parents/carers, developing sleep routines so the child has adequate rest can be daunting and difficult and can impact the child's wellbeing at nursery. Parents will be provided with information or signposted to support from a Health Visitor.

All parents of babies cared for in this nursery will receive a copy of this policy and will also be asked to give permission on Family to confirm that they have read and understood it.

Policy Reviewed: May 2026

Nursery Manager: Rebecca Frost

Next Review Date: June 2027

Admin Officer: Angie Bayliss

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