

ETTINGTON C of E PRIMARY SCHOOL

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Learning for Fullness of Life
Trust-Respect - Love

SAFE SLEEPING POLICY

Safe Sleeping Policy

As a school, we aspire to live out God's plan for all to flourish.

We believe in providing our children with opportunities to use and develop the gifts and talents they have been blessed with, to ensure they embrace 'Life in its fullness' (John 10:10) following the teachings of Jesus.

Our vision is to place the child at the heart of everything we do, 'Learning for the Fullness of Life'. It is to work together, where everyone is a partner in learning; providing a safe, happy, caring and stimulating community, where children are given opportunities to reach their true potential.

Creating a Safe Sleep Culture

At Ettington Preschool, we recognise that all staff play a critical role in establishing and maintaining a safe sleep culture. Every practitioner takes ownership of their role in ensuring a safe sleep environment. Staff are proactive in following and promoting safe sleep guidelines and being vigilant in identifying and addressing potential risks.

At Ettington Preschool, individual sleep plans are developed in partnership with parents and carers to reflect each child's sleep needs, routines, and any relevant medical or cultural considerations. In line with the EYFS 2025 framework, providers must promote children's welfare and ensure their individual needs are met (EYFS 2025, Section 3 – Safeguarding and Welfare Requirements).

Practitioners respect each child's autonomy by never forcing sleep, instead, they observe signs of tiredness and offer rest in a calm and reassuring environment. Sleep routines are tailored to support each child's age and stage of development and we provide tailored care for each child and seek specialist advice for children with SEND who may require additional support or reasonable adjustments.

We also follow the NHS advice on safety of sleeping children. and Lullaby Trust Safe Sleep Awareness: Guidance for Early Years Settings.

Safe sleep environment

- Regular audits of the preschool's sleep areas and staff adherence to safe sleep practices are conducted to ensure compliance with safety standards.
- Each child is provided with a clean, lightweight sleep mat with a sheet and cellular blanket, (pillows are not used), and all bedding is washed after each use.
- Sleep spaces for children are not positioned next to a radiator or next to a window in direct sunlight.
- All spaces around beds are kept clear from hanging objects i.e., hanging cords, blind cords, drawstring bags and are free from potential falling objects.
- Children are appropriately dressed for sleep to avoid overheating with any shoes, tight or warm clothing to be removed before putting a child down to sleep.

- Children who fall asleep while being comforted by a practitioner are transferred to a safe sleeping surface to complete their rest.
- Young children are never left alone with a bottle/feeding cup to self-feed
- Where a child has a dummy, staff check it is not obstructing the child's breathing, as good practice, we will remove the dummy once the child is asleep. Dummy attachments and clips are not permitted to be used
- Dummies or comforters are checked to ensure they are in good / safe condition due to choking hazards
- The settings non-smoking/ vaping policy is upheld within the setting.
- Daily checks on the sleeping equipment and condition of mattresses are conducted by staff daily. Staff will inspect each mattress before use to ensure they are in good condition with no rips or tears. Staff will take immediate action to remove and replace any damaged mattresses or equipment which is unsafe to use.
- All mattresses have a waterproof cover, which is wiped down after every use

Temperature and Ventilation

At Ettington preschool, careful attention is given to temperature and ventilation to ensure a safe and comfortable sleep environment for all children. Room thermometers are placed in each sleep room and temperatures within the room are maintained between 16–20°C in line with The Lullaby Trust.

Staff monitor the temperature in each room frequently and check for any signs of overheating.

Appropriate bedding, such as cellular blankets are used, and blankets are securely tucked below shoulder level to promote safe sleep.

Supervision and Monitoring

The EYFS 2025 framework states 'Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that bedding is in good condition and suited to the age of the child.'

The safety and wellbeing of sleeping children is a top priority, with supervision and monitoring guided by best practice and statutory requirements. In accordance with the EYFS 2025 framework, **"sleeping children must be frequently checked to ensure they are safe"** (EYFS 2025, Section 3.60 Group and School Based Settings).

Staff carry out physical checks at least every 10 minutes, observing breathing, and general wellbeing. These checks are documented in a sleep log, noting the time, any actions taken and the name of the staff member who completed the check.

A staff member is always physically present in the sleep room to ensure a rapid response to any changes in a child's condition.

All sleep rooms are equipped with thermometers, windows, and lighting controls to maintain a calm, ventilated dim environment conducive to rest.

As part of their induction and through regular professional development opportunities staff are trained using the LA guidance and the Lullaby Trust to recognise signs of overheating, breathing difficulties, and unusual sleep behaviours, and are prepared to respond to emergencies, including administering first aid and alerting senior staff or emergency services.

Upon waking, all children are observed for alertness, mood, and any signs of discomfort or illness, these observations are shared with parents and used by staff to inform ongoing care planning.

Communication with Families

We believe that clear and consistent communication with families is central to supporting children's sleep routines and overall wellbeing.

During each child's induction process, we ask parents to provide information on their child's sleeping routine when the child starts at preschool and these are reviewed and updated at timely intervals sleep practices.

Our safe sleep procedures are discussed with parents and carers during induction, and parents are sign posted to the Lullaby Trusts Lullaby Trusts Safer sleep for babies: a guide for parents, to reinforce understanding and promote safe sleep practices at home.

Staff will never force a child to sleep or keep them awake against their will, nor will they usually wake a sleeping child.

Staff share daily feedback with parents, including details about sleep duration, mood upon waking, and any observations or concerns.

To enhance life opportunities for children and young people, including those with special educational needs and disabilities, we take a joined-up approach to care. Staff regularly check in with parents about how their child has slept at home when they arrive. This information helps us align our support with each child's usual sleep routine, promoting their comfort, safety, and overall wellbeing.

Risk Management

We recognise that effective risk management is essential to maintaining a safe sleep environment. All sleep areas and procedures have been thoroughly risk assessed and are subject to daily checks and reassessed following any changes to ensure ongoing safety.

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.

See appendix A for a pre-sleep check of the area which staff sign off to the sleep chart and get two digital room thermometers.

Managers and Room Leaders monitor staff compliance with sleep policies through regular supervision and feedback, ensuring consistent practice across the setting.

Rest times

At Ettington preschool, we recognise that young children over two years old, may become tired during the day and benefit from opportunities to rest instead of sleep. Staff provide a flexible approach that respects each child's individual needs, offering rest as and when children need or choose it.

Children are welcome to bring comfort blankets from home, which can offer reassurance, especially during rest times or when settling into the nursery.

Each nursery room includes a quiet area with soft flooring and seating where children can relax.

Policy Review This policy will be reviewed annually or sooner if guidance changes.

Next review: May 2027