Cabot Learning Federation

Priorswood Primary School Safe Sleep Policy

Date Adopted: 25th March 2025
Implementation Date: 25th March 2025

Rationale and Policy Considerations
The Policy on safe sleep must specify the way, safe and suitable sleeping arrangements are provided for children attending the setting.

Sleep is important for young children, and it directly impacts on their wellbeing and development. Safe sleep is important for all children.

Having a safe rest/sleep policy:

- Helps to protect children and reduce risks.
- Helps to inform as well as reassure parents/guardians that the service will only implement procedures that are recommended in best practice guidelines.
- Gives clear guidance to all staff team members including new or trainee staff members, those who are providing emergency cover or those on work experience.
- Provides a clear plan of action in the event of a child being found to be unresponsive or to have stopped breathing, within the service.

Legislation and regulatory requirements
This policy follows the advice of The Lullaby Trust https://www.lullabytrust.org.uk/

Children's needs

Children need:

Access to appropriate, safe and comfortable rest and/or sleep facilities.

To be able to rest or sleep safely and comfortably whenever they need to.

Parents'/Families' needs

Parents/guardians need to:

Know that their child will be able to sleep and/or rest in a safe and comfortable environment according to their individual needs.

Be assured that their child will have access, at any time, to sleep mat (appropriate for their age), in a clean, safe and appropriately supervised sleep area that is free of risks and hazards.

Be assured that if any incident arises in relation to the wellbeing of their child while they are sleeping, all appropriate measures will be taken by the service to protect their child and to notify them at the earliest possible time.

Staff needs

All staff members need:

To know and understand clearly their roles and responsibilities in relation to providing appropriately for children's individual needs for safe sleep and/or rest in an area that is clean and free of risks and hazards.

Absolute clarity on their roles and responsibilities in relation to supervising and ensuring children's safety while they rest or sleep and also on what they must do should any child be found to be unresponsive or not breathing.

Management needs

Management needs to:

Ensure that the legal requirement to have an appropriate safe sleep policy is met.

To know that all staff team members know their roles and responsibilities and have the clarity that they need to ensure that all children's needs for safe and comfortable rest and/or sleep are met according to best practice guidelines.

To ensure that all necessary and appropriate safety measures and procedures are clearly outlined in the policy and procedures.

National Quality Frameworks

https://www.lullabytrust.org.uk/

1. Definitions/Glossary

SIDS	Sudden Infant Death Syndrome or SUDI Sudden Unexpected Death in Infancy (commonly referred to as Cot Death) is the sudden death of an infant or young child which is unexpected by history and in which a thorough post mortem examination fails to demonstrate an adequate cause for death.

2. Policy Statement

All children are provided with clean, safe and comfortable rest and/or sleep facilities as individually needed. We work in partnership with parents/guardians in relation to their child's sleep needs and patterns as much as possible.

All children have access to individual sleep mats and blankets when required. These are cleaned and sanitised after each use.

Procedures and rotas are in place for supervising and regularly checking sleeping babies. Sleeping children are always individually and frequently checked in person (not on screen). The sleep area is kept clean, calm, quiet and comfortable so that children can relax, rest and sleep.

The recommended best practice guidance from The Lullaby Trust and NHS is followed at all times. Staff members follow first aid procedures they have been taught, in the event a child is found unresponsive and/or not breathing.

Where a parent/guardian requests a sleep routine for their child that does not meet with good practice guidelines (for example, requesting that their child be denied sleep for the day; that they be put to sleep with a feeding bottle; requesting that the child be put to sleep in a buggy), the service remains responsible for our own practice and we will be happy to discuss with parents/guardians why any such practice cannot be implemented. In all decision-making the child's best interests come first.

As well as safe sleep provision, all children will be provided with opportunities to have quiet or rest periods, within the daily curriculum/programme, that meet their individual needs throughout the session/day.

3. Procedures & Practices

When a parent/guardian requests a specific sleep routine for their child, two key questions must be considered:

- **Is it safe?**
- **Would it cause distress to the child?**

If these questions cannot be answered satisfactorily, then a parent/guardian must be informed that the service cannot comply with their request and an explanation given or guidance must be sought from a qualified professional such as a public health nurse.

Sleeping position

- Children will be given a sleep mat to use on the floor.
- Children over the age of two can be given a cushion.
- Caution should be used when children wish to sleep with a soft toy or comforter.
- The environment around the mat should be clear from cords and potential ligatures or choking hazards.

Sleep environment

Ventilation
Ensure that the sleep room is adequately ventilated (either naturally or mechanically) but do not position a sleep mat near a window or adjacent to a radiator.

Sleep area temperature
The sleep area must be maintained at between 16ºC and 20ºC. A wall-mounted thermometer is provided to monitor the temperature.

Bedding depends on the room temperature. If a child seems hot, take some of the blankets off, if they seem cold, add an extra layer. Use lightweight blankets that you can add to and take away.

Soothers
Soothers must not have any string, cord or clips attached.

They must be stored in separate clean containers labelled with each child's name when not in use.

Always ensure that soothers used are the right size for the age of the child and in good condition.

Soothers decorated with beads, gems or other such decorations are prohibited.

Supervision
Children in the sleep room must be within sight or hearing of at least one staff member at all times, especially when staff members are actively engaged with children who are awake.

A sleep monitoring form must be completed by the supervising member of staff.

The rota must clearly identify:
- who will check the sleep area to ensure all risk controls are implemented
- who will check the children
- how often they will be checked
- who is responsible for completing the sleep log for each child
- who is responsible for bed linen changes and recording changes.

Checks must be made of each sleeping child in the room, in person, at least every 10 minutes.

A sleep log for each child is maintained.

This records when physical checks are made of each of the sleeping children.

It must record:
- the time of the check
- the child's position
- any change in the child's normal breathing pattern
- any change in the child's normal skin colour
- ensuring the child's head is uncovered
- the room temperature
- the name of the person who checked the child.

A separate sleep log is maintained for each child and is retained by the service in each child's own file.

Each child's Key Person is responsible for sharing information with the child's parents or guardians.

At all times, the relevant adult /child ratio outlined in the Early Years Regulations 2016 will be adhered to.

Sleep mats
An adequate number of sleep mats are provided to ensure that all children have access to a suitable sleeping surface. Documentary evidence that our mats meet the required safety standards is maintained on file. This can be found in our school office.

- Never cover a baby's head and only use thin materials such as muslin or thin cotton for swaddling.
- Babies must never be placed on their stomach when swaddled.
- Current research suggests it is safest to swaddle infants from birth and not to change care practices at 3 months when the risk of SUDI is greatest.

Health and Safety

Hygiene
Individual bed linen is provided for each child – it is hygienic, easily accessed.

When a child is having daily sleeps, their linen is labelled for their sole use and is laundered weekly and when soiled. When children have occasional sleeps, linen will be washed after each use.

Separate storage is provided for clean linen and linen that is due for washing. Clean and dirty linen must be kept separate.

Safety of sleep mats

Sleep mats should be cleaned after each use as per the manufacturer's instructions (antibacterial spray).

They should be checked after each use for signs of damage and wear such as rips and tears. They should be discarded immediately if damaged.

Ensure that no cords or strings of any kind (including those attached to things such as toys or nappy bags) are in or near sleep mats.

Ensure there is enough space between each cot/bed/mat to allow easy access to and around each one.

All mats must be used in the intended manner.

Dealing with emergencies

In the event of finding a child who appears to be unresponsive and breathing or not breathing the **staff member trained in emergency First Aid Response will respond immediately and appropriately.**

1. The Nursery Manager, Principle, Designated safeguarding Lead or the person who is in charge at that time notifies the child's parents/guardians as soon as possible of the current situation.
2. The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
3. Staff follow the direction of the paramedical staff.
4. The preschool Teacher or person in charge ensures that parents have been informed.
5. The scene is to be left as it is.
6. Families of the other children may need to be notified of the incident by the preschool Teacher or Head of School.
7. Staff support is essential following any such incident.

4. Record and record keeping

All records relating to safe sleep and any incidents are stored safely.

5. Communication Plan [for staff & families]

All staff members will receive induction training on this Safe Rest/Sleep policy. This includes precautions to be taken to prevent Sudden Infant Death, guidelines on what to do in the event of a child being found to be unresponsive and not breathing and a step-by-step guide to resuscitation of a child who is not breathing.

Parents/guardians are also made aware of the Safe Rest/Sleep policy and are involved in decisions relating to meeting their child's individual needs.

A copy of all policies will be available during all hours of operation to staff members and parents/guardians in the Policy Folder located in Nursery, School Office and on the website.

Parents/guardians may receive a copy of the policy at any time upon request.

Parents/guardians and all members of the staff team will receive notification of any updates to this policy.

6. Related Policies, Procedures and Forms

- Accidents and Incidents Policy
- Individual Child Sleep Monitoring Record form.

7. References/Supporting Documents/Related Legislation

https://www.lullabytrust.org.uk

https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/

8. Who Must Observe This Policy

This policy must be observed by all managers and all staff members.