Safer Sleep Policy

Northfield Road Primary School

Approved by:		**Date:**
Last reviewed on:	September 2026	
Next review due by:	September 2027	

1. Introduction & Purpose

This Safer Sleep Policy provides a clear framework to ensure the health, safety, and wellbeing of all children who require rest or sleep during the school day, At Northfield Road Primary School, we recognise that sleep and rest play an essential role in supporting children's development, emotional regulation, and overall wellbeing. This policy is implemented in accordance with the Early Years Foundation Stage (EYFS) Statutory Framework, particularly section 3.86, which requires that:

"Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance."

Staff must also refer to the latest NHS safer sleep guidance:
• Reduce the risk of sudden infant death syndrome (SIDS) – NHS
• Sudden infant death syndrome (SIDS) – NHS
Promoting Safer Sleeping for Infants - Guidance for Practitioners

2. Safe Sleep Procedures

To ensure safe and appropriate rest opportunities, the following procedures are in place:

• Children will rest or sleep only in designated safe sleep areas.
• All sleeping children are checked every 10 minutes, and checks are documented.
• Sleep areas are positioned safely within the classroom to ensure accessibility and visibility.
• The room temperature is monitored and maintained at a safe level (ideally 16–22°C) and adjusted seasonally.
• Bedding and sleep equipment are kept clean, in good condition, and age appropriate.

3. Supervision and Monitoring

To ensure children's safety:

- A member of staff will be responsible for monitoring any sleeping child.
- Adult-to-child ratios will continue to meet EYFS statutory requirements.
- Sleep checks will include:
    - Time the child fell asleep
    - Time of each monitoring check
    - Observation of the child's wellbeing
    - Time the child woke up
- Records will be completed accurately and stored in accordance with school procedures.
- Parents or carers will be informed when their child has slept during the school day.

If a child falls asleep outside the designated rest area, staff will assess whether it is appropriate to move them safely. Where moving the child may cause distress or compromise their wellbeing, staff will maintain supervision and implement the monitoring procedures outlined in this policy.

4. Safe Sleep Environment

Children will only sleep or rest in areas that meet the following safety conditions:

• Firm, flat surface, with children positioned on their backs.
• Covers are used no higher than the child's shoulders.
• The sleep area is free from hazards, obstructions, loose items, soft toys, and overheating risks.
• Temperature is considered carefully; staff will adjust clothing or layers to maintain comfort without risk of overheating.

5. Designated Reception Sleep Areas
Reception children who require sleep will rest only in designated areas agreed by the Reception Team.

EYFS Unit: Designated quiet rest area within the classroom.

These areas will be reviewed regularly to ensure they remain safe, suitable, and accessible for supervision.

6. Communication with Parents and Carers

Northfield Road Primary School values partnership working with families.

Staff will:

- Discuss any known sleep needs during admission or transition meetings.
- Inform parents if their child has slept during the school day.
- Notify parents of any unusual sleep patterns, prolonged sleep periods, or concerns regarding wellbeing.
- Work collaboratively with families where ongoing sleep concerns affect a child's engagement, learning, or emotional wellbeing.

Any significant concerns regarding a child's health or welfare will be managed in accordance with the school's Safeguarding and Child Protection Policy.

7. Staff Training and Responsibilities

All staff working with children in Pre-School and Reception must be trained in the setting's Safer Sleep Policy as part

of their induction. This training ensures that all practitioners understand the importance of safe sleep practices,

current NHS and EYFS guidance, and their responsibilities when supervising sleeping children.

Training will include:
• Understanding the EYFS Statutory Framework, particularly section 3.86
• Familiarity with NHS safer sleep guidance (SIDS prevention)
The setting's specific procedures, including:

- Sleep area setup
- Monitoring and 10-minute checks
- Correct sleep positioning
- Temperature and clothing considerations
- Recording and documenting sleep
- Recognising signs of distress, overheating, or unsafe sleep environments
- Procedures for what to do if concerns arise

To maintain consistent and up-to-date practice:

• Refresher training will be completed annually or sooner if guidance changes.
• Training records will be kept demonstrating staff competence and compliance.
• Staff will be informed promptly when national guidance (NHS, government, local safeguarding partners) is updated.
Where staff show uncertainty or inconsistent practice, additional coaching will be arranged.
• All staff are responsible for following this policy consistently during the school day.
• Staff must ensure they remain within sight or hearing of sleeping children at all times.
• Staff are responsible for accurate completion of the Safer Sleep Monitoring Checklist.
• Any breach of policy, identified risk, or concern must be reported immediately to the EYFS lead or safeguarding lead.

Leaders will monitor implementation through:

- Regular spot-checks
- Review of monitoring records
- Feedback from staff and parents

Staff will:

• Share sleep-related information during parent meetings and transitions.
• Communicate any concerns about sleep patterns or wellbeing promptly to parents and recorded CPOMS.
• Work collaboratively with families to understand children's routines and needs.
This ensures consistency between home and school and supports children's health, comfort, and emotional development.

8. Safeguarding

The safety and welfare of children are paramount.

Any concerns identified whilst a child is sleeping or resting, including unusual sleeping patterns, signs of illness, or concerns regarding welfare, will be reported and managed in accordance with the school's Safeguarding and Child Protection Policy.

9. Policy Review

This policy will be reviewed annually or earlier if:
• Updated government guidance is released.
• Changes are made to EYFS requirements.
• Concerns or incidents highlight the need for amendments.

Whilst this policy applies specifically to children under the age of five in Reception, all staff must familiarise themselves with the procedures outlined within it. Should any child in their care fall asleep during the school day, the class teacher is responsible for ensuring that the child's safety and wellbeing are appropriately monitored. Parents/carers must be informed at the end of the school day, and the occurrence must be recorded on CPOMS in line with school safeguarding and record-keeping procedures.

Appendix 1: Safe Sleep Monitoring

Childs Name:

Date	Time of Sleep	Time awake	10-minute checks		Staff Member	Parent/ Carer signature
			Observation	Environment checked		
01.09.26	*2pm*	*2.20pm*	*2pm – Fell asleep in construction area* *2.10pm - rolled onto front. Breathing regular and colour normal.* *2.20pm – Child moving and beginning to wake.*	*2pm – moved to sleep mat in rest area – Visible to staff.* *2.10pm- Room temperature checked and adequate.* *2.20pm – Window opened slightly to support ventilation/temperature.*	*Mr Bennett* *2.20- Miss Stevens*	