



# EYFS Safer Sleep Policy

## Safer Sleep EYFS Policy

**Policy Review Date:** June 2025

**Reviewed By:** A Evans, SLT & Board of Governors

**Next Review:** June 2026 (or following incident, legislation or interim guidance)

September 2025 Reviewed & ratified by:

Headteacher: Mrs J Callaway

Chair of Governors: Dr Catherine Kidd :

This policy is available on the school website and upon request.

**Updates and Amendments to Policy**

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## **Section 1 Policy Statement**

At Avalon School & Nursery, we aim to ensure that all children have enough sleep to support their development and natural sleep patterns in a warm and safe environment.

As outlined in the Statutory Framework for the Early Years Foundation Stage; we work in partnership with parents and carers in relation to their child's sleep needs and patterns as much as possible.

Our policy follows the advice and guidance provided by the Lullaby Trust to minimise the risk of Sudden Infant Death.

## **Section 2 Child's Rest & Sleep Routines**

Parents/carers are provided with an "All About Me" booklet to complete when their child arrives for their induction and settling in sessions. Part of the induction to Nursery is for practitioners to gain knowledge of the child's individual routines and their sleep and rest periods.

Practitioners will discuss the individual needs and requirements for each child to ensure their rest routines where possible mirror that of home as much as possible.

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

Where a parent/carer requests a sleep routine that does not meet with the 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, parents will be informed that our setting is responsible for keeping the children in our care safe.

## **Section 3 Procedures & Practices**

Practitioners will ensure that:

### **NO CHILD IS EVER LEFT UNATTENDED.**

Children can sleep in a safe and comfortable environment. The sleeping area is clean, calm and comfortable so that children can relax, rest and sleep. (See Appendix 1 – Safer Sleep Checks Poster)

Children are never put down to sleep with a bottle to self-feed.

Children who have a dummy/soother, no strings or cords are attached. If the child's dummy fall from their mouth during their rest/sleep time, practitioners will not put it back in the child's mouth unless the child wake and requests it.

Children are not to have objects, bottles, toys, quilts or pillows whilst they are sleeping

Procedures and rotas are in place for supervising and regularly checking sleeping children. Sleeping children are always individually and frequently checked/monitored in person. Practitioners will look for the rise and fall of the chest and check if the sleep position has changed.

Checks are recorded every 10 minutes and noted on the individual child's sleeping log (See appendix 2 – Individual Child's Weekly Sleeping Log)

Time limits set by the parents/carers are adhered to.

If a registered health professional has recommended a different sleep position then this must be clearly evidenced in writing to the School.

Avalon School & Nursery recognise that all children are different and may like to be comforted in various ways to soothe them to sleep. Forms of comfort that are acceptable are as follows:

- Gently patting a child's back
- Rubbing a child's back
- Rocking a child to sleep (hand on back)
- Holding and rocking a child to sleep

The procedure for monitoring will be displayed beside the sleep area. Each child's Keyworker 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 Statutory Framework will be adhered to.

#### **Section 4 Sleeping Environment**

The sleeping areas will be adequately ventilated.

The lighting will be controlled in the sleeping area with blinds/curtains however this should still allow adequate visibility for practitioners to supervise the children resting or sleeping.

The sleeping area room temperature will be maintained between 16°C and 20°C. A wall mounted thermometer is provided to ensure monitoring of the temperature. The room temperature is to be recorded on the individual child's weekly sleeping log (Appendix 2). Where the temperature cannot be kept low enough the area will not be used.

An adequate number of sleep mats are provided to ensure that all children have access to a sleep mat, as appropriate for their needs. Practitioners will ensure that:

- All sleep mats are to confirm the recognised safety standards.
- Sleep mats are flat, in good condition with no tears.
- There is enough space between each sleep mat to allow easy access to and round each one.
- Sleep mats are not positioned next to a radiator or a window in direct sunlight.
- Sleep mats are cleaned after each use.

There are no cords or strings of any kind in or near the sleep area. There are no objects or toy in easy reach of the children when they are resting or sleeping.

Any blankets or sheets are clean and in good condition with no loose threads or tears. Only one blanket or sheet per child. Blankets and sheets are regularly washed.

Children will not be allowed to get too hot. Practitioners to check how warm a child is by putting their hand on the skin on their chest or on the back of their neck. A digital thermometer will be used to check a child's temperature if concerned.

Also refer to the Safer Sleep Checks (see Appendix 1).

## **Section 5**

### **Sleeping Logs**

A sleeping log will be kept and maintained for each child that requires a rest time or sleep whilst attending Avalon School & Nursery (see Appendix 2 – Individual Child's Weekly Sleeping Log).

The following checks will be recorded:

- The child's name.
- The date of the week commencing the sleep log.
- The time the child requires their rest or sleep time.
- The sleep mat is in good condition.
- The blanket/sheet is in good condition.
- The temperature in the sleep area (must be between 16°C and 20°C).
- Safer sleep routine checked.
- The time of the check.
- The child's resting/sleeping position.
- Any changes in the child's normal breathing pattern.
- Any changes to the child's normal skin colour.
- Any changes to the child's temperature.
- The child's head is not covered.
- The name of the practitioner supervising the rest/sleep time.

The procedure for monitoring the rest/sleep time will be displayed beside the sleep area.

All Individual Child's Weekly Sleeping Log will be kept in the Safe Sleep File which is kept in the Nursery.

The child's individual Keyworker will be responsible for sharing information with the child's parents/carers.

At all times the relevant adult to child ratio will be adhered too in accordance with the Early Year Statutory Framework.

## **Section 6**

### **Communication with Parents/Carers**

Parents/carers are provided with an "All About Me" booklet to complete when their child arrives for their induction and settling in sessions. Part of the induction to Nursery is for practitioners to gain knowledge of the child's individual routines and their sleep and rest periods.

The Nursery practitioners will discuss with the parents/carers the child's rest/sleep routine and when rest/sleep time falls within the daily routines of the Nursery. Any reasonable adaptations to rest/sleep time will be accommodated to ensure the child's individual needs are being met.

The child's Keyworker will be the person responsible for sharing information with the child's parents/carers regarding their child's rest/sleep time whilst attending Nursery.

This policy is shared with parents/carers and are involved in decisions relating to meeting their child's individual needs.

## **Section 7**

### **Sudden Infant Death Syndrome (SIDS)**

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby/toddler where no cause was found after a detailed post-mortem.

Unsafe sleeping positions and environments are increased factors in possible SIDS so to prevent this Avalon School & Nursery follow the following guidance.

Research has shown that overheating arising from high room temperature, excessive insulation (overwrapping) or both is associated with an increased risk of SIDS.

A high proportion of infants who die as a result of SIDS are found with their head covered with bedding. Loose bedding which can cover a baby/toddler's face or head can be dangerous and has been shown to increase the chance of SIDS. Soft or bulky bedding, such as quilts, pillows and duvets, is associated with an increased risk of SIDS in the UK.

There is substantial evidence from all round the world to show that sleeping a baby on their back (known as supine position) at the beginning of every sleep period significantly reduces the risk of SIDS. However, sleeping an infant prone (on their front) or side is associated with a significantly increased risk of SIDS. Studies have also shown that infants who usually sleep on their back but are then placed on the front or side to sleep are at particularly high risk. It is therefore important that babies/toddlers are put on their backs consistently as part of their regular sleep routine.

## **Section 8**

### **Dealing with Emergencies**

In the event of finding a child who appears to be unresponsive and breathing or not breathing the practitioner trained in emergency first aid will respond immediately and appropriately as follows:

#### **1) Check for Breathing**

Tilt the child's head back and look and feel for breaths. Tilting the head back opens the child's airway by pulling the tongue forward.

Looking at the child's chest to see if it is moving and putting your face next to the child's mouth to feel for breaths on your cheek. This will help to tell you if the child is breathing or not.

If a child is not breathing, they may look pale or blue.

If the child is not breathing move to step 2.

#### **2) Contact Emergency Services – Call 999**

Call for help, ask another practitioner to contact the emergency services immediately.

If a practitioner is on their own, they must carry out rescue breaths and chest compressions (see steps 3, 4 and 5 below) for one minute and then call 999.

#### **3) Five Rescue Breaths**

Tilt the child's head back, seal your mouth over their mouth and nose and blow five times to inflate the child's lungs.

By blowing into the child's lungs, top up the oxygen in the child's blood. Helping to keep the child's organs alive.

#### **4) Thirty Chest Compressions**

Push firmly in the middle of the child's chest with two fingers so that the chest goes inward, then release. Continue chest compressions 30 times.

By giving chest compressions, keeps the blood pumping around the child body. Helping to keep the child's organs and brain alive.

**5) Two Rescue Breaths & Thirty Chest Compressions**

Give two rescue breaths and continue with the cycle of 30 chest compressions and two rescue breaths until help arrives.

**6) Record Keeping**

The practitioner(s) involved in an incident will write a detailed incident report relating to the incident.

**Section 9  
Staff Training**

All practitioners will received induction training including safe sleep and the information included within this policy.

All practitioners will undertake Paediatric First Aid training.

All practitioners will receive training in the prevention of Sudden Infant Death Syndrome (SIDS), including guidance on what to do in the event of a child being found unresponsive and not breathing and a step by step guide (see Section 8 of this policy) to resuscitate a child who is not breathing.

**Section 10  
Review**

This policy is reviewed as and when required by legislation or the requirements of the school.

## Safer Sleep Checks

**Room temperature needs to be between 16-20°C (check against room thermometer)**

**Ensure sleep mats are flat, in good condition with no tears**

**Ensure that blankets/sheets are clean and in good condition with no loose threads or tears**

**Only use one blanket**

**Ensure sleep space is not positioned next to a radiator or a window in direct sunlight**

**If the child has a dummy ensure that there are no cords attached**

**Staff member to be present in the room for the duration of sleep time**

**Look for the rise and fall of the child's chest**

**Child will not be allowed to get too hot**

**Staff to check how warm a child is by putting their hand on the skin on their chest or the back of their neck. Use a digital thermometer if concerned about a child's temperature**



**Appendix 2 – Individual Child’s Weekly Sleeping Log**



# Sleeping Log

<b>Child’s Name:</b>
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**Week Commencing:** \_\_\_\_\_ **Time: From:** \_\_\_\_\_ **To:** \_\_\_\_\_

	Monday			Tuesday			Wednesday			Thursday			Friday		
Mattress checked for rips/tears (tick if in good condition)															
Blanket and sheets checked for loose threads / clean (tick if in good condition)															
Room Temperature 16-20°C (tick if within range)															
Any changes in the child’s normal breathing pattern. Any changes to the child’s normal skin colour. Any changes to the child’s temperature. The child’s head is not covered.															
12.30pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
12.40pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
12.50pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1.10pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1.20pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1.30pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1.40pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
1.50pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
2pm (tick)	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front	Back	Side	Front
Signed by EYFS Practitioner Supervising Sleep															