SAFE SLEEP POLICY

Date adopted:	14/09/2026	Last reviewed:	14/09/2026
Review cycle:	Annual	Is this policy statutory?	No
Approval:	CEdO	Author:	Head of Early Years
Local approval*:	Headteacher	Local author*:	Early Years Lead
Next Review Date of Template Policy:		01/09/2027	

*Local approval will either be the local committee, the head teacher, or the CEO (refer to policy schedule)

Revision record

Minor revisions should be recorded here when the policy is amended in light of changes to legislation or to correct errors. Significant changes or at the point of review should be recorded below and approved at the level indicated above.

Revision No.	Date	Revised by	Approved date	Comments

1. Introduction

The Good Shepherd Trust is committed to ensuring the safety, health and wellbeing of all children in its care. It is the intention of the trust that this policy reflects our vision of "Flourishing Together" and our values of kindness, integrity and resilience.

Where children sleep within school or nursery provision, arrangements will be implemented in line with current safer sleep guidance and the EYFS Statutory Framework. The Trust recognises its responsibility to minimise risks associated with sleep and promote safe sleeping practices at all times.

New policy adopted for implementation from September 2026 in line with EYFS safer sleep requirements and safeguarding responsibilities

2. Purpose

This policy aims to:

- Ensure safe sleeping arrangements for all children.

- Reduce the risk of sudden infant death and sleep-related accidents.
- Provide consistency across Trust settings.

- Clarify staff responsibilities.
- Ensure compliance with EYFS safeguarding and welfare requirements.

3. Scope

This policy applies to:
- Nursery provision.
- Two-year-old provision.
- Wraparound provision where children sleep.
- Any EYFS setting providing sleep or rest opportunities.

The policy is most relevant for children under two years of age but should inform practice for all children who sleep in school provision.

4. Statutory Requirements

The Trust will comply with:
- EYFS Statutory Framework (September 2026).
- Safeguarding and Welfare Requirements.
- Current NHS safer sleep guidance.
- Local safeguarding partnership guidance.
- Health and Safety legislation.

5. Principles of Safe Sleep

The Trust will ensure that:
- Every child sleeps in a safe environment.
- Sleeping arrangements are individually considered.
- Parents are involved in discussions regarding sleep routines.
- Children's welfare remains the priority at all times.
- Staff understand safer sleep guidance and procedures.

6. Sleep Environment

Children will sleep in an environment that is:
- Safe, clean and well maintained.
- Appropriately ventilated.
- Comfortable and quiet.
- Regularly monitored by staff.
- Sleeping areas should be maintained at a safe and comfortable temperature and monitored as appropriate.

9. Monitoring Sleeping Children

Staff will undertake regular checks of sleeping children.

Checks will include:
- Breathing.

- Colour.
- Temperature.
- Position.
- General wellbeing.

Sleeping children must remain within sight or hearing of staff at all times. Sleeping children will be in the 'Reading Area' of the classroom which is directly adjacent to the teacher's workstation and in full view of the classroom.

Sleep checks will be recorded where required by local procedures.
Children over 2 years: checked according to risk assessment and setting procedures.

A sleeping child must never be left unsupervised.

10. Sleep Records

Where children sleep regularly within provision, records may include:
- Time sleep commenced.
- Time child woke.
- Sleep observations.
- Any concerns.
- Staff initials.

Records will be retained in accordance with data protection requirements.

11. Partnership with Parents

Parents and carers will be consulted regarding:
- Sleep routines.
- Comforters (where appropriate).
- Medical needs.
- Cultural preferences.
- Changes in sleep patterns.

Any concerns regarding a child's sleep habits or wellbeing will be shared with parents promptly.

12. Children with Additional Needs

Additional risk assessments may be required for children with:
- Medical conditions.
- Respiratory conditions.
- Physical disabilities.
- Complex health needs.

Individual care plans should identify any specialist requirements.

13. Staff Responsibilities

All staff must:
- Follow this policy.
- Undertake required training.
- Report concerns immediately.
- Record sleep checks accurately.
- Maintain a safe sleeping environment.

Staff should challenge unsafe sleep practices and seek guidance where unsure.

14. Staff Training

The Headteacher will ensure relevant staff receive training in:

- EYFS safer sleep requirements.
- Safe sleeping guidance.
- Safeguarding responsibilities.
- Risk assessment procedures.
- Emergency response procedures.

Training records will be maintained.

15. Emergency Procedures

If a sleeping child:

- Is unresponsive.
- Experiences breathing difficulties.
- Shows signs of illness or distress. Staff must:

1. Follow emergency procedures. 2.

Summon a qualified first aider.

3. Contact emergency services if required.
4. Inform parents immediately.
5. Complete appropriate records.

16. Risk Assessment

Settings providing sleep opportunities will maintain a risk assessment covering:

- Sleep environment.
- Staffing.
- Equipment.
- Monitoring procedures.
- Medical needs.
- Emergency arrangements.

Staff will work with parents to record and implement each child's individual sleep routine, including preferred settling methods, comforters, sleep times and any agreed adaptations to usual practice. Any changes will be documented and shared with relevant staff.

Risk assessments will be reviewed annually and whenever circumstances change.

17. Monitoring and Quality Assurance

The Headteacher and EYFS Leader will monitor:

- Safe sleep procedures.
- Staff training.
- Risk assessments.
- Sleep records.
- Compliance with EYFS requirements.

Monitoring may include:

- Learning walks.
- Documentation reviews.
- Staff discussions.
- Internal audits.

Appendix 1: Safe Sleep Checklist

Before Sleep:
☐ Child is well enough to sleep.
☐ Sleep space checked.
☐ No pillows, quilts or soft toys present.
☐ Comfortable room temperature maintained.
☐ Parent instructions considered. During
Sleep:
☐ Regular checks completed.
☐ Child visible to staff.
☐ Monitoring recorded.

After Sleep:
☐ Child checked on waking.
☐ Sleep record completed.
☐ Concerns shared with parents if necessary.

Appendix 2: Sleep Monitoring Record
Child Name: _____
Date: _____
Time Settled Sleep Check Times Time Woke Staff Initials Notes

Appendix 3: Safe Sleep Risk Assessment

Hazard Risk Control Measures
Unsafe sleep position Breathing difficulties
Follow safer sleep guidance
Inadequate supervision Delayed response to concerns Regular monitoring checks
Unsafe equipment Injury Regular equipment inspection
Medical condition Increased vulnerability Individual risk assessment and care plan

Related Policies

- EYFS Policy
- Safeguarding and Child Protection Policy
- First Aid Policy
- Health and Safety Policy
- Intimate Care Policy
- Supporting Pupils with Medical Conditions Policy
- Educational Visits Policy
- Risk Assessment Policy

Related guidance:

- EYFS Statutory Framework September 2026
- NHS Safer Sleep Guidance
- The Lullaby Trust guidance

Draft Status: GST Template Policy for implementation from 1 September 2026, reflecting the updated EYFS Statutory Framework emphasis on safer sleep arrangements and safeguarding responsibilities.