



“Start children off on the way they should go, and even when they are old they will not turn from it.” Proverbs 22:6

SAFER SLEEPING POLICY

Adopted	J. Hackney
Committee	Standards
Date approved	
Review Date	September 2027
The scope of this policy is Forsbrook CE Primary School and Nursery OOSC	

We are a Christian school where quality and opportunities make a difference. We value all children as unique ‘Children of God’ and nurture each other to show **LOVE** in our relationships and a **RESPECT** for all. We foster **HOPE** within our community and encourage children to find **PEACE** by creating times and places for stillness and reflection. We strive for excellence, inspiring dreams both now and in the future. We promote **POSITIVITY**, celebrate **COURAGE**, demonstrate **RESPONSIBILITY** and share **JOY** through...

‘Learning, loving, laughing in the light of Jesus’.

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Policy Statement

At Forsbrook CE Primary School we work in line with the Early Years Foundation Stage (EYFS) Statutory Framework for group and school-based providers, dated 13 July 2026 and effective from 1 September 2026, which states:

“Children learn best when they are healthy, safe, secure, when their individual needs are met, and when they have positive relationships with the people caring for them.” (paragraph 3.1)

“Babies and children must be placed down to sleep safely.” (paragraph 3.86)

The 2026 framework replaces the 2025 version and comes into force on 1 September 2026. This policy is written to the 2026 requirements so that governors approve it once. The Department for Education has asked providers to work to the strengthened safer sleep requirements ahead of that date, and this policy applies from the date it is approved.

The safeguarding and welfare requirements of the EYFS are given legal force by regulations made under section 39(1)(b) of the Childcare Act 2006. Safer sleep practice reduces the risk of sudden infant death syndrome (SIDS) in babies up to 12 months of age, and of sudden unexpected death in childhood (SUDC) in children over 12 months.

This policy applies to all children in our Early Years provision, from birth to five: babies and toddlers in the Nursery, pre-school children, and children in Reception. We recognise that children have different sleep and rest needs depending on their age, development and individual circumstances, and we are committed to meeting these needs safely and sensitively.

The requirements in the next section are mandatory for every child under two years old. The rest of the policy applies to all children who sleep or rest during the day.

Safer Sleep Requirements for Children Under Two

The following requirements are set out at paragraph 3.86 of the EYFS statutory framework and in the Department for Education’s safer sleep guidance for early years providers.

- Children are placed down on their back, in their own separate sleep space, on a clear, flat, firm surface.
- Babies aged 12 months and under are only ever placed to sleep in a cot. This includes carrycots, Moses baskets and travel cots.
- A sleep space contains only a firm, flat, waterproof mattress and lightweight bedding, firmly tucked in below the child’s shoulders so that the head cannot become covered. A well-fitted baby sleep bag may be used instead, following the manufacturer’s recommendations.
- Where blankets are used, the child is placed feet-to-foot at the bottom of the cot with the blankets tucked in.
- Cots do not contain any extra items: no toys, pillows, extra blankets, bumpers, wedges or straps.

- Children's heads are not covered.
- Children do not get too hot or too cold. The recommended room temperature for babies is 16–20°C. Staff check by feeling the child's chest or the back of the neck; hands and feet are normally cooler, and that is not a cause for concern.
- Babies under six months of age always have an adult with them in the same room for every sleep.
- All children are within sight and hearing of staff while sleeping, and are frequently checked.
- Once a baby can roll from back to front and back again unaided, they may find their own sleeping position, but staff continue to place them down on their back.

Where a child's healthcare professional has advised a different sleeping position for medical reasons, we require that advice in writing. The Early Years Lead records it, agrees a written risk assessment with the parents or carers, and shares it with every member of staff who cares for the child before it is followed.

Safe Sleep Environment

- Rest and sleep areas are provided within the Early Years provision, appropriate to the age and stage of the children:
 - Babies and children under two: their own separate sleep space, with a cot for every child aged 12 months and under.
 - Pre-school and Reception: quiet areas within the classroom, such as a book corner or calm area, where furniture can be moved to allow safe rest.
- All sleep equipment (cots, mattresses, mats, sleep bags and bedding) is age-appropriate, clean, well-maintained and in good condition, and is checked before every use.
 - Cots, carrycots, Moses baskets and travel cots meet BS EN 716-1:2017, BS EN 1466:2014 or BS EN 1466:2023; mattresses meet BS 7177:2008+A1:2011, and mattresses for cots, travel cots and cribs meet BS EN 16890:2017+A1:2021; sleep bags meet BS EN 16781:2018.
- Sleep mats and bedding are stored in designated storage areas within the Early Years classrooms.
- Bedding laundry arrangements: Early Years staff wash bedding as required and after use, in line with hygiene procedures.
- Outdoor clothing (coats, hats and shoes) is removed to ensure children are comfortable and do not overheat.
- Where babies sleep, the room temperature is checked at the start of each sleep period and recorded on the Sleeping Child Record.

Procedures for Sleeping Children

- A specific sleep or rest area is available daily for children who need it.
- Babies and children under two are always placed on their back to sleep, in line with the EYFS and NHS safer sleep guidance.
- Children aged 12 months and under sleep in a cot. Older children sleep on a clean, firm sleep mat or low bed. Bedding is clean for every use.
- Once a child is asleep, staff ensure they are safe, comfortable and appropriately positioned.
- Children are monitored regularly, and all checks are recorded.
- Clean bedding is provided for each child; bedding is not shared without being washed.
- Bottles and beakers are not used when children are lying down, due to health and safety risks.
- Sleep comforters may be used by children aged over 12 months only. Nothing is placed in the cot or sleep space of a child aged 12 months or under.

Supervision and Monitoring

- A member of staff is always present in the room and remains in close proximity to sleeping children. Children are always within sight and hearing of staff while sleeping.
- Babies under six months always have an adult in the same room for every sleep.
- A baby monitor may be used for children over six months of age only, and only where it allows the child to be both seen and heard at all times. A monitor never replaces physical checks.
- Staff carry out regular physical checks to ensure:
 - The child is breathing normally
 - Skin colour is normal
 - The child has not been sick
 - The child is not too hot or too cold
 - The child's head is uncovered and their face is clear
 - The child is still in the position in which they were placed down
- Sleeping children are checked at least every 10 minutes.
- All checks are recorded on a Sleeping Child Record (Appendix A), including:
 - Child's name

- Date and time of check
 - Staff signature
- Parents/carers are informed daily if their child has slept during the school day.
- If a child becomes unwell and falls asleep, a member of staff will remain with them at all times until they are collected by a parent/carers.
- If a child cannot be roused, or staff have any concern about their breathing, colour or responsiveness, staff call the nearest paediatric first aider immediately and dial 999. A member of staff stays with the child at all times.
- The Headteacher and Early Years Lead are informed without delay and parents or carers are contacted. Staffordshire children's social care is notified of any serious accident, illness or injury to, or the death of, a child in our care, and where the provision is registered with Ofsted the notification requirements at paragraph 3.79 of the EYFS also apply.

Waking Children

- Children are generally encouraged to wake after approximately one hour, depending on their individual sleep needs and age.
- Babies and younger children may require longer or more flexible sleep periods.
- Children should usually be allowed to wake naturally, unless:
 - There is an emergency (e.g. fire alarm)
 - A parent/carers has made a specific request
- Children are woken gently and calmly, using soft voices or a light touch on the arm.

Sleeping During Outings and Travel

- Babies aged 12 months and under who fall asleep in a pram, buggy or car seat during an outing are transferred to their cot as soon as they return to the setting.
- Children over 12 months who fall asleep while travelling are moved, where possible, to their own separate sleep space on their return. A lie-flat pram or pushchair is not used as a child's main sleep space.
- Hats, coats and extra layers are removed as soon as children come indoors or enter a vehicle, even if this means waking the child.
- Car seats are not used for daytime sleep within the setting.

Working in Partnership with Parents

We aim to work closely with parents and carers to support children's wellbeing.

Before a child starts with us, we explain how their child will be placed down to sleep and that we follow the EYFS safer sleep requirements and NHS guidance. If a parent or carer asks us to depart from those requirements, we explain that we are not able to do so unless the change has been advised in writing by the child's healthcare professional.

If a child regularly falls asleep during the school day, the Class Teacher or Early Years Lead will meet with parents/carers to discuss:

- The child's sleep routines and wellbeing at home
- Any potential medical, emotional or developmental concerns
- Possible adjustments to the school day or support strategies

Parents are encouraged to share information about their child's sleep needs so we can provide consistent care between home and school.

Linked Policies and Further Guidance

This policy should be read alongside the school's Child Protection and Safeguarding Policy, Health and Safety Policy, First Aid Policy and Early Years Foundation Stage Policy. Any concern about a child's welfare is dealt with under the Child Protection and Safeguarding Policy and referred to the Staffordshire Families Integrated Front Door, whose contact details are held in that policy.

The guidance this policy is built on:

- Early years foundation stage statutory framework for group and school-based providers, Department for Education, dated 13 July 2026, effective 1 September 2026.
- Safer sleep, Help for early years providers, Department for Education, published 20 April 2026.
- NHS advice on sudden infant death syndrome (SIDS).
- The Lullaby Trust safer sleep guidance.
- Working Together to Safeguard Children, Department for Education, March 2026.
- Keeping Children Safe in Education 2026, in force from 1 September 2026.

Policy Review

This policy is owned by the Early Years Lead and monitored by the Headteacher. It is reviewed annually, and sooner if the EYFS statutory framework, national safer sleep guidance or Staffordshire safeguarding procedures change. All Early Years staff read it as part of induction and at the start of each academic year.

Appendix A - Sleeping Child Record

Child	Date	Time fell asleep	Check 1	Check 2	Check 3	Check 4	Check 5	Check 6	Time woke up	Comments	Parents informed

Room temperature at the start of the sleep period: _____ °C

Staff initial each check. Record any concern in the Comments column and tell the Early Years Lead straight away.