



**Brentfield Primary School**

Children of Today, Champions for Tomorrow

## Safe Sleep Policy

Head Teacher	Mrs N. Harmer
Person Responsible	Mrs P. Patel
Next Review Date	Autumn 2027

41-43 Meadow Garth, London, NW10 0SL

Tel: 020 8965 5326

Email: [admin@brentfield.brent.sck.uk](mailto:admin@brentfield.brent.sck.uk)

Website: [www.brentfield.brent.sch.uk](http://www.brentfield.brent.sch.uk)

## **Safe Sleep Policy**

### **Aims:**

- To provide a structured approach to managing sleep routines effectively.
- Ensure that children are placed in a safe sleeping environment.
- Safeguard the health and wellbeing of children.
- Promote consistent safe sleep practices among staff.
- Support staff training and awareness on safe sleep.
- Ensure compliance with legislation and best practice guidelines.

### **Legislation and Guidance:**

This policy outlines the procedures and guidelines for ensuring safe sleep practices within the nursery setting, in accordance with the 2025 Early Years Foundation Stage (EYFS) statutory framework. The safety and well-being of children during sleep time is of paramount importance.

The 2025 EYFS statutory framework requires all early years providers to ensure the safety and welfare of children in their care. This includes the provision of a safe sleeping environment and appropriate supervision during sleep times. This policy aligns with the requirements set out in the framework, ensuring that all staff are equipped to implement safe sleep practices.

### **Procedures for Putting Children to Sleep**

#### **1. Preparation for Sleep Time**

- Ensure that the sleep area is clean, well-ventilated, and free from hazards.
- Check that all bedding is clean and appropriate for the age of the children.
- Create a calming environment by dimming lights and reducing noise levels.
- Children's mouths are checked before going to sleep.
- Bedding is clean

#### **2. Individual Sleep Plans**

- On induction, liaise with parents to determine individual sleep patterns/routines of the child, taking into consideration their specific needs and preferences.

#### **3. Positioning**

- Start children on their back for naps initially
- Allow rolling if children roll onto their tummy or side

#### **4. Monitoring**

- A member of staff must present in the same room as sleeping children at all times. See further guidance of safety procedures below.

## Safety Procedures for Checking on Children

### 1. Regular Checks

- Staff conduct regular checks on sleeping children at intervals of ***no longer than 10 minutes***. This ensures that any potential issues, such as discomfort or distress, can be addressed promptly.
- During checks, staff should observe the child's breathing and overall condition to ensure they are sleeping safely:
  - Not tangled in bedding
  - Not too hot/cold
  - Check breathing by putting the back of their hand near the child's mouth to check for breath

### 2. Documentation

- Maintain a sleep log for each child, documenting the times when they are put to sleep and checked. This log should include any observations made during checks, such as the child's position and any signs of distress (Appendix 1)
- Any concerns noted during checks should be reported to the designated safeguarding lead (DSL) immediately.

### 3. Emergency Procedures

- In the event of a child showing signs of distress or difficulty breathing, staff must follow the schools emergency procedures, which include calling for immediate assistance and providing first aid if necessary.
- A paediatric first aider must be on site at all times.

## **Staff Training and Awareness**

All staff members receive training on safe sleep practices and the implementation of this policy.

Training includes:

- Understanding the importance of safe sleep positioning and environments.
- Recognising the signs of distress in sleeping children.
- Familiarity with emergency procedures and first aid.

**Appendix 1: Sleep Log Template**

**SLEEP LOG**

<b>Child's Name:</b>		<b>Week Beginning:</b>			
<b>Date:</b>	<b>Adult supervising sleep</b>	<b>Sleep Time</b>	<b>Wake Time</b>	<b>Times at which the child's sleep was monitored</b>	<b>Notable observations (i.e. tangled in bedding/too hot/signs of distress) and actions taken (if any). N/A if no notable observations/action required.</b>