8.10 SAFEGUARDING & WELFARE REQUIREMENT: SAFETY & SUITABILITY OF PREMISES, ENVIRONMENT & EQUIPMENT: Safer Sleeping Policy

Policy Statement

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

Statutory Requirements EYFS 2025 (3.8.4)

St John's Playtime Pre-school knows the importance of sleep and rest for all children within our care. We will ensure children get enough sleep and rest when they may need it regardless of their age. We will work with the family on their child's sleep/rest patterns and will always work in the best interest of the children. In keeping with best practice, we will also ensure that the mats are regularly inspected and maintained to a high standard.

Safe Sleeping Guidance

- The pre-school has a 'sleep chart' document for all sleeping children. The children are monitored every 10 minutes during their sleep time. The member of staff will record the time of the check, their name and add a comment, e.g., about child's position, breathing and room temperature.
- Children will always be supervised when sleeping. If there is no member of staff in the sleep room, the staff have visibility of the children through the glass panel in the

door and a baby monitor with picture and sound and staff will physically go into the sleep room every 10 minutes to observe each child.

- The sleep room is well ventilated and the air in the room is regularly changed. If the sleep room is not between the required temperature (16-20 degrees), actions will be taken to adjust the temperature in the room e.g., opening windows/doors, bringing in a fan or turning on a radiator.
- All sleeping mats are spaced at least 50 centimetres (half a meter) apart.
- The sleep/quiet room is a separate area where children can relax away from the main activities or the busy room.

Safe Sleep Practice

- Pre-school staff will discourage children sleeping regularly in pushchairs
- Childrens mouths are always checked before going to sleep
- Light breathable bedcovers may be used; however, they will need to be tightly tucked around the child and no higher than the child's shoulders.
- Children who are unwell and fall asleep will **never** be left unattended whilst sleeping
- Children with medical conditions, certain emotional needs or sleep training programmes, the pre-school will endeavour to enhance staff supervision and the key person will discuss the child's needs with the parents.
- Children are allowed to rest/sleep at anytime of the day, not just at dedicated times.
- If a child needs a dummy to sooth them to sleep and this should fall out, the staff will not put the dummy back into a child's mouth whilst they are sleeping unless the child wakes.
- Staff will check that children are in a safe sleep position and not tangled in a sheet/blanket.

- All sleep mats comply with EU/CE standards, they are all waterproof and cleaned after each use.

- Mats will only be put out when a child is about to go to sleep and a sheet will be place onto the mat and taken off once the child is awake and mats will be wiped and put away.

- Sleeping mats will be placed at least 50 centimetres apart (half a metre), so staff can easily manoeuvre around them, to observe and check each child.

- Staff will ensure that there are no objects of strangulation or choking present near the sleeping area.

Settling sleepers

- Childrens sleeping routine will be discussed with the parents, so the key person and all other staff are aware.
- Comforters, muslins, dummies etc. where required should be provided from home and these will be stored in the children's personal bags.
- A staff member will stay with the child until they have fallen asleep and then continue to observe every 10 minutes throughout the sleep.
- Soothing music and lighting can be adjusted if needed.
- All children will use the sleep mats provided.
- All staff are trained in safeguarding procedures.

Procedure for managing an emergency if a sleeping child is unresponsive

- First Aid is administered, and the emergency service are contacted
- The manager or person in charge at the time will notify the child's parents/guardians as soon as possible.
- The person who found the child and has been resuscitating the child gives a detailed account of events to the paramedics on their arrival.
- The sleep room will need to be left exactly as it is, in case of further investigation.
- Families of the other children within the pre-school will need to be notified by the manager of the incident.
- Staff support is essential following any such incident.

This policy was adopted by the Management and Committee in May 2024.

This policy was reviewed in June 2026

The policy will be reviewed again on: June 2027

Signed on behalf of the management committee and provider:

Name of Signatory: Polly Fyfe

Role of Signatory: Committee Chairperson

