# Safe Sleeping Policy

## Policy Statement

Pavilion Preschool (Aigburth) CIO is committed to providing a safe sleep environment for every child. We recognise that children need rest to support their health, wellbeing and development and will ensure that all sleep arrangements follow current Department for Education (DfE), Early Years Foundation Stage (EYFS), NHS and The Lullaby Trust guidance. As we are a pre school setting, our policy is designed for children aged 2 years or older.

## Aims

We aim to:

- Provide a safe sleeping environment for all children.
- Reduce the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related accidents.
- Meet statutory EYFS safeguarding requirements.
- Work in partnership with parents regarding children's sleep routines.
- Ensure sleeping children are appropriately supervised at all times.

## Sleep Arrangements

Children aged 2 years and over

Children sleeping on beds will:

- Have their own clean sleep bed
- Sleep on a flat surface.
- Have adequate spacing between beds.
- Be supervised continuously.
- Have appropriate bedding suitable for room temperature.
- Have heads and faces uncovered.

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Supervision

Sleeping children will:

- Remain within sight or hearing of staff at all times.
- Be physically checked at least every 10 minutes (or more frequently where individual risk requires).
- Checks will include:
    - breathing
    - skin colour
    - temperature
    - comfort
    - position
- Sleep checks will be recorded.

Room Environment

Due to the layout of our building, Pavilion Preschool does not have a dedicated sleep room. However, we recognise the importance of providing children with a safe, comfortable and restful environment whenever they need to sleep or rest.

Where a child requires sleep during the session, staff will identify and prepare the most suitable area available at that time, ensuring that it is:

- Quiet and free from unnecessary disturbance where possible.
- Well ventilated and maintained at a comfortable temperature.
- Safe, clean and free from hazards.
- Appropriately supervised at all times in line with our Safe Sleeping Policy.
- Arranged so that sleeping children remain visible to staff and can be monitored through regular physical checks.

We understand that a busy early years environment may not always provide complete silence. However, we will take reasonable steps to minimise noise and disruption while ensuring that sleeping children continue to be closely supervised.

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Individual children's sleep needs and routines will be considered in partnership with parents wherever possible.

## Parent Partnership

Parents will be asked to provide information about:

- normal sleep routine
- comfort items
- medical conditions
- allergies
- medication
- any advice from health professionals

Where a parent's request conflicts with national safe sleep guidance, staff will explain the reasons why the preschool must follow statutory guidance.

## Medical Needs

Individual sleep care plans will be completed for children who:

- have reflux
- epilepsy
- respiratory conditions
- additional medical needs
- require medical equipment
- have advice from consultants or paediatricians

## Staff Responsibilities

Staff will:

- complete safe sleep training
- follow this policy at all times
- record sleep checks accurately
- immediately report concerns
- inform parents of any sleep concerns

# Safe Sleeping Policy

## Infection Control

- Beds cleaned after every use.
- Bedding washed regularly or immediately if soiled.
- Individual bedding stored separately.
- Beds disinfected between users.

If staff cannot wake a child or have concerns about breathing:

1. Call for assistance immediately.
2. Follow First Aid procedures.
3. Dial 999 where appropriate.
4. Inform parents immediately.
5. Record and report the incident.

## Monitoring

The Manager will:

- audit sleep records
- observe practice
- review incidents
- ensure staff training remains current

## Legislation and Guidance

This policy is based upon:

- EYFS Statutory Framework (September 2026)
- Department for Education Safer Sleep Guidance
- NHS Safer Sleep Guidance
- The Lullaby Trust Guidance

# Safe Sleeping Policy

This policy was adopted on 15th July 2026.
It will be reviewed annually or as required.
Last update: 06.10.26

Signed by Chair of Trustees:

Signed by Operations Manager: