



BRIGSHAW
LEARNING PARTNERSHIP

Early Years Safe Sleep and Rest Policy



Monitoring and Review of this Document:

The Trust shall be responsible for reviewing this document from time to time to ensure that it meets legal requirements and reflects best practice.



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Providing a cradle to career education that allows our children to enjoy lives of **choice** and **opportunity**



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Introduction

At Allerton Bywater Primary School, we recognise the importance of rest and sleep in supporting the healthy development and wellbeing of young children. This Safe Sleep Policy outlines our commitment to providing a safe, comfortable, and consistent sleep environment for children. We follow best practice guidance to reduce the risk of sleep-related incidents, promote positive sleep routines, and ensure each child's individual needs are met. Through close supervision, appropriate sleep spaces, and strong partnerships with parents and carers, we aim to create a calm and reassuring environment where children can rest safely and comfortably.

1. Policy Statement

At Allerton Bywater Primary School, we are committed to providing a safe, comfortable, and nurturing sleep environment for all children aged 2–3 years. This policy outlines our approach to rest and sleep times, ensuring they meet each child's individual needs while prioritising safety and wellbeing in line with current guidance from the Department for Education (DfE), NHS, and Ofsted.

2. Aims

- To ensure all children have access to a safe and suitable sleep environment during nursery hours.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related incidents through clear procedures and risk assessments.
- To support children's natural routines and individual needs around rest and sleep.
- To maintain appropriate supervision at all times during sleep.

3. Key Principles

Individual Sleep Needs

- Each child's sleep routine and preferences are discussed with parents/carers upon enrolment and regularly reviewed.
- Staff will respond flexibly to children's individual cues for tiredness and comfort.
- Sleep logs may be kept to track individual sleep patterns where appropriate.

Sleep Environment

- Sleep will take place in a designated, quiet, well-ventilated, and dimly lit area separate from active play areas.
- Only approved, age-appropriate sleep mats will be used.
- Each child will have their own clean bedding (labelled and washed regularly).
- The room temperature will be monitored and kept within a safe, comfortable range (16–20°C).

Safe Sleeping Practices

- Children will be placed on their backs to sleep, unless a signed medical plan from a doctor states otherwise.
- No pillows, heavy bedding, soft toys, or loose items will be placed in or around sleeping spaces.



- Staff will ensure children are dressed appropriately for the room temperature and will remove shoes before rest.

Supervision

- Sleeping children will be regularly checked in person at 10-minute intervals (or more frequently if needed).
- Checks will include visual observation of breathing, position, and general wellbeing.
- A sleep check record will be completed and signed by staff.
- Regular checks will be recorded using the sleep monitoring sheet.

Parental Partnership

- Parents will be informed about their child's sleep (duration, time, and any concerns) at pick-up or via daily logs or Dojo.
- Any changes in sleep routine or sleep-related behaviour will be communicated and discussed.

Staff Training

- All staff involved in sleep routines will receive regular training in safe sleep practices, including SIDS awareness.
- Staff are aware of the importance of cultural sensitivity when discussing and implementing sleep practices.

Monitoring and Review

This policy will be reviewed regularly, or if changes to legislation or guidance occur. All staff will be informed of any updates.