

2.6 Safer Sleep Policy

Policy statement

At Perins Pre-school, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children sleeping is paramount. Our policy follows the advice provided by the DfE, the Lullaby Trust and NHS to minimise the risk of sudden unexpected death in childhood (SUDC) in children over 12 months of age.

Sleeping Environments

We provide a safe sleeping environment for all children by:

- Ensuring every child has their own separate sleep space
- Only using safety approved sleeping equipment that are compliant with British Standard Regulations
- Using a firm flat surface such as a mattress on the floor
- Ensuring children are appropriately dressed for sleep to avoid over heating
- Ensuring children heads are not covered
- Ensuring no extra items such as toys, pillows are used
- Keeping all spaces around beds clear from hanging objects
- Monitoring the sleep room temperature and ensuring it always remains between 16-20c, where possible
- Ensuring children over 6 months of age are always within sight and hearing of staff and are checked every 10 minutes; we will use a video monitor to enable the sleeping children to be seen and heard at all times. Staff will also do physical checks on sleeping children.
- Ensuring children who are new to the setting has an adult with them in the sleep room and are checked every 5 minutes until staff are confident with their usual sleep pattern and sleeping style.

Further consideration

- We will only let children sleep in buggies, pushchairs or prams if they lie flat and we have written permission from the parent
- We will transfer any children who fall asleep with a practitioner to a safer sleep surface to complete their rest
- We have a no smoking/vaping policy. The requirement of staff is to change their clothes and wash their hands after smoking/vaping. In addition, we require staff to wait for 30 minutes after smoking/vaping before holding children, even with a change of clothes.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at setting; these are reviewed and updated at timely intervals. If a child has an unusual sleeping routine or position that we do not use in pre-school, we will explain this policy to the parents and not usually offer this unless the child's doctor has advised the parent of a medical reason to do so. In such case, we would ask parents to provide written permission to adopt a different position or pattern for their child.

We recognise parent knowledge of their child about sleep routines and will, where possible, work together to ensure individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than having one set sleep time for all children. We create an environment that helps to settle children that require sleep. We will maintain the needs of the children do not require a sleep and ensure they can continue to play, learn and develop.

Staff will discuss with parents any changes in sleep routines at the end of the session and share observations and information if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with the parents to maintain sleep routines and well-being.

Further information can be found at: www.lullabytrust.org.uk

This policy was adopted on

22nd April 2026

Date to be reviewed

22nd April 2027

Signed on behalf of the provider

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager
