Donnington Wood Infant School & Nursery



Safer Sleep Policy

Date of Policy Creation	September 2026	**Named Responsibility**	Amanda Hannington & Abbie France
Date of review completion	-	**Named Responsibility**	-
Inception of new Policy	October 2026	**Named Responsibility**	Teaching & Learning Committee
Date of Policy Adoption by Governing Body	October 2026	**Review Due**	Autumn 2028

All staff and the wider School community will be given a copy of this policy. Copies are available from the office or via the website for parents and members of the wider community

The EYFS (Early Years Foundation Stage) framework 2025 stated that:

- Providers must take all necessary steps to keep children safe and well.
- Providers must have implemented policies and procedures to keep children safe and meet EYFS requirements.
- Providers must ensure that all staff receive induction training to help them understand their roles and responsibilities.
- Providers must ensure the safety and suitability of premises, environment, and equipment (EYFS 2025, Section 3.62 Group and School-based providers).
- Sleeping children must be frequently checked to ensure that they are safe. Being safe included ensuring that cots and bedding are in good condition and suited for the age of the child. Practitioners should read NHS advice on safety of sleeping babies: Reduce the risk of sudden Infant death syndrome (SIDS) - NHS (www.nhs.uk).

Policy Statement

This safer sleep policy outlines our commitment to ensuring the health, safety and wellbeing of all children during sleep and rest periods. We adhere to the statutory requirements of the EYFS 2025 framework, NHS safer sleep guidance, and the Lullaby Trust recommendations. Our aim is to provide a safe, nurturing and developmentally appropriate sleep environment for every child in our care.

This Safer Sleep Policy is linked with other policies in our School, including:

- Child Protection / Safeguarding Policy
- Health and Safety Policy
- Infection Control Policy
- Staff induction
- Staff Code of Conduct
- Risk Assessments
- Behaviour Policy
- Equality Policy

Policy Aims

- To safeguard children by implementing evidence-based safe sleep practices.
- To ensure sleep environments are safe, hygienic, and conducive to rest.
- To support individual sleep routines and preferences in partnership with families.
- To train staff in safe sleep supervision and emergency response.
- To monitor and review sleep practices regularly to maintain high standards of care.

"The safety of young children sleeping is paramount"

Our policy at Donnington Wood Infant School and Nursery follows advice provided by The Lullaby Trust to minimise the risk of Sudden Infant Death. This is in line with the latest government safety guidance. https://www.nhs.uk/conditions/sudden-infant-death-syndromehttps://www.nhs.uk/conditions/sudden-Infant-death-syndrome-sids/sids/. And the NHS advice on the safety of sleeping children.

Creating a Safe Sleep Culture

At Donnington Wood Infant School and Nursery, we recognise that leadership and management play a critical role in establishing and maintaining a safe sleep culture. Effective leadership at Donnington Wood Infant School and Nursery, therefore, ensures that the importance of safe sleep is consistently followed by all staff and monitored by senior leaders.

Shared responsibility and team accountability

At Donnington Wood Infant School and Nursery every practitioner takes ownership of their role in ensuring a safe sleep environment. Staff are proactive in following and promoting safe sleep guidelines and being vigilant in identifying and addressing potential risks. Ongoing discussions, between staff especially during handovers, ensure that all children's sleep needs and any specific requirements are consistently met. This continuous communication helps all staff within our School to maintain a high standard of care. At Donnington Wood Infant School and Nursery, we encourage staff to foster a supportive open culture within teams, so they feel comfortable raising concerns about sleep safety and to offer peer support to one another.

Child-Centred Care

In line with the EYFS 2025 framework, providers must promote children's welfare and ensure their individual needs are met (EYFS 2025, section 3- Safeguarding and Welfare Requirements). Practitioners respect each child's autonomy by never forcing sleep; instead, they observe signs of tiredness and offer rest in calm and reassuring environment. Sleep routines are tailored to be developmentally appropriate, supporting each child's age and stage of development while promoting emotional regulation and overall wellbeing.

At Donnington Wood Infant School and Nursery, we provide tailored care for each child and seek specialist advice for children with SEND who may require additional support or reasonable adjustments

Safe Sleep Environment

The EYFS 2025 framework states, 'Providers must ensure the safety and suitability of premises, environment, and equipment (EYFS 2025, Group and School based settings Section)

At Donnington Wood Infant School and Nursery, a safe sleep environment is prioritised to support children's wellbeing and reduce risks. To ensure a safe sleep environment at Donnington Wood Infant School and Nursery staff ensure:

- Only sleep equipment that meets British safety standards are used.
- Sleep mats will have a single fitted sheet.
- Children, who wish to sleep, will be placed on a sleep mat.
- Each child is provided with their own clean sheet that is washed weekly (or more is required).
- Children are appropriately dressed for sleep to avoid overheating. Any shoes/tight clothing will be removed before putting a child down to sleep.
- All spaces around the beds will be kept clear.

- Children who fall asleep while being comforted by a practitioner are transferred to a safe sleeping surface to complete their rest.
- Sleep spaces for children are not to be positioned next to a radiator or next to a window in direct sunlight.
- The settings non-smoking/ vaping policy is upheld within the setting.
- Staff will inspect each sleep mattress before use to ensure they are in good condition with no rips or tears.
- All mattresses will be wiped down after every use.
- Comforters are checked to ensure they are in good/ safe condition. Young children can choke on lose threads in blankets.

Temperature and Ventilation

At Donnington Wood Infant School and Nursery careful attention is given to temperature and ventilation to ensure a safe and comfortable sleep environment for all children. Room thermometers are placed in each room, and temperatures are maintained between 16-20°c in line with The Lullaby Trust. Staff will monitor the temperature in each room frequently and check for any signs of overheating.

Rooms are well ventilated, ensuring fresh air circulation while avoiding direct airflow on children.

Supervision and Monitoring

The EYFS 2025 framework states 'sleeping children must be frequently checked to ensure that they are safe'.

At Donnington Wood Infant School and Nursery, the safety and wellbeing of sleeping children is a top priority, with supervision and monitoring guided by best practice and statutory requirements.

In accordance with the EYFS 2025 framework, 'sleeping children must be frequently checked to ensure they are safe' (EYFS 2025, Section 3.60 Group and School Based Settings). Staff carry out visual checks at least every 10 minutes, observing breathing, sleep position, colour, and general wellbeing. These checks are documented in a sleep log, noting the time, observations, any action taken and the name of the staff member who completed the check; logs are reviewed and shared with parents if requested.

Communication with families

At Donnington Wood Infant School and Nursery we believe that clear and consistent communication with families is central to supporting children's sleep routines and overall wellbeing. By developing positive relationships with parents, practitioners gain valuable insights into each child's sleep needs, which supports a smooth settling-in process and ensures any changes or concerns in sleep patterns are shared promptly. During each child's induction process, we ask parents to provide information on their child's sleeping routine when the child starts at Nursery, and these are reviewed and updated when necessary.

Risk Management

If a child falls asleep during play, such as in a quiet area or the home corner, practitioners will assess the situation to ensure the child's safety and consider whether the environment poses any risk and whether it can be made safe without moving the child.

If moving the child is necessary, practitioners will gently wake the child and support them to transition to a designated sleep space, such as a sleep mat.

Rest Times

At Donnington Wood Infant School and Nursery we recognise that young children may become tired during the day and benefit from opportunities to rest or sleep. Staff provide a flexible approach that respects each child's individual needs and routines, offering rest as and when children need or choose it.

Children are welcome to bring comfort blankets or toys from home, which can offer reassurance, especially during rest times or when settling into the Nursery.

Each Nursery room includes a quiet area with soft flooring and seating where children can relax. Clean, lightweight sleep mats and blankets are provided (pillows are not used), and all bedding is washed after each use.

Staff are attentive to children's cues and encourage rest when needed, while respecting their autonomy children are never forced to sleep or rest if they are unwilling or distressed. Sleep/ rest routines are discussed with parents and recorded, and staff support children in settling and remain with them throughout sleep/ rest periods.