



Safer Sleep Policy

At Holbrook Primary school, we understand that sleep supports young children's development and ensuring a safe sleeping routine for all children is paramount.

We aim to support children in getting enough sleep to support their development and reflect their natural sleeping rhythms in a safe environment.

Our policy has been developed in line with advice provided by Lullaby Trust to minimise the risk of Sudden Infant Death (SUDI) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework.

Prior to every child being placed to sleep or falling asleep, a risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure.

To promote safe sleep on every occasion practitioners will ensure:

If a child falls asleep during the session, and this is not part of their usual routine, a phone call will be made if the child remains asleep for 10 minutes. During this phone call, practitioners will discuss why the child may need a sleep and if it is felt that the child is unwell parents will be asked to collect the child.

- As good practice, during the first few weeks at nursery, a new child will not be left unsupervised whilst sleeping until we are familiar with the child and their sleeping routines.
- Young children are never left alone with a bottle/feeding cup to self-feed.
- Young children are placed on their backs to sleep, if they are not yet able to independently roll onto their tummy, following advice from Lullaby Trust, initially they will be gently placed onto their back again. However, once a young child can independently roll from back to front and back again, they can be left to find their own natural sleep position.
- Young children will always sleep in a space where an adult is present in the room, they are never left unsupervised.
- Physical checks are completed and recorded every ten minutes (see Appendix 1).
- When monitoring the young child's welfare, we will look for the rise and fall of the chest and if the sleep position has changed.
- Where a practitioner has any concerns regarding the safety of a child's sleep pattern or routine, they will ask questions and take action.
- Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.

Provide a safe sleeping environment by:

- Using a floor mattress and a clean fitted sheet and ensuring the child is appropriately dressed for sleep to avoid overheating.
- Carry out checks on the condition of sleeping equipment at each use and take action if they are damaged or unsafe to use.
- Only sleep babies in prams/buggy if this is agreed in advance, the buggy lies flat and parents' have given written consent.
- Keeping sleep spaces/ areas clear.
- Keeping all spaces and bed clear from potential hazards for example, drawstring bags & plastic bags.
- Ensuring the child asleep is provided with clean bedding.
- Transferring any young child who falls asleep during the day e.g. at mealtime, carpet time or during play to a safe sleeping environment.
- Ensuring procedures are in place to ensure staff clothing does not smell of smoke. This may include staff changing out of their clothes prior to a break if they are to smoke or be in a smoke-fume environment during their break.

Unexpected situations:

Where a child does fall asleep for e.g. in a buggy on a trip and cannot be moved to a safe sleep space, perhaps when attending a group or on an outing, we will ensure:

- The buggy is placed next to / backs onto a wall to reduce the risk of tipping over.
- We can see and hear the child at all times.
- Children playing nearby are not able to climb onto the buggy or into the buggy shopping basket.
- The period of time the child sleeps is kept to a minimum and they are transferred to a safe sleeping position as soon as possible.

Although children do not have a planned sleep routines in school . Sleeping routines at home will be discussed with parents and if necessary reviewed and updated at timely intervals to reflect the young child's changing needs in school.

Any requests from a parent for a young child to adopt a sleeping routine not supported by this policy will be agreed in discussion with the parent/ key person and EYFS lead. Where applicable medical advice will be sought.

Although EYFS specific this procedure can be used in older year groups

