

Springwood Infant and Junior School Federation

TOGETHER WE LEARN, TOGETHER WE GROW



Springwood Federation

Safer Sleep Policy

Non-Statutory

Approved By: **Governing Body**

Effective Date: **September 2026**

Review By: **September 2027**

Stay Safe,
Treat Others How You Wish to be Treated,
Try Your Best and be Proud

1. Purpose

Springwood is committed to safeguarding the health, safety and wellbeing of all children in the Early Years Foundation Stage (EYFS).

We recognise that children in Nursery and Reception may occasionally become tired during the school day and need a period of rest or sleep. For some children, this may be an identified and regular need; for others, it may occur unexpectedly.

This policy sets out how the school will provide safe, appropriate and well-supervised arrangements whenever an EYFS child sleeps or rests during the school day.

The school recognises the difference between planned sleep provision for babies and younger children and the occasional need for an older EYFS child to sleep or rest. Regardless of age, where an EYFS child sleeps while in the school's care, staff will ensure that the environment, supervision and monitoring arrangements safeguard the child's health and wellbeing.

2. Scope

This policy applies to all children within the school's EYFS provision.

It applies when:

- a child unexpectedly falls asleep during the school day
- a child indicates that they are tired and needs to sleep
- staff identify that a child is struggling to remain awake and would benefit from rest
- a parent/carer has informed the school that their child may require daytime sleep
- a child's medical, developmental or SEND needs mean that planned periods of sleep or rest are appropriate

The specific safer-sleep requirements for babies and very young children will be followed wherever relevant to the age of children attending the provision.

3. Our Principles

The welfare of the child is paramount.

Children will not ordinarily be encouraged to sleep simply as part of the school timetable where this is not developmentally appropriate. Equally, a child who genuinely needs to sleep will not be prevented from doing so simply to maintain the daily routine.

Staff will respond sensitively to individual children's needs and recognise that sleep requirements vary considerably between children.

Sleep will never be used as a behaviour-management strategy.

A child who is unusually sleepy, lethargic or difficult to rouse will not automatically be assumed to be tired. Staff will consider whether the child may be unwell and follow the school's first aid and illness procedures.

4. Partnership with Parents and Carers

Parents and carers will be encouraged to tell staff about any circumstances that may affect their child's sleep, including:

- disrupted sleep at home
- changes to normal sleep patterns
- illness
- medication
- medical conditions
- SEND or developmental needs
- significant changes at home
- professional advice relating to sleep

Where a child regularly requires sleep during the school day, staff will discuss this with the parent/carers and agree an appropriate arrangement.

Where necessary, an individual risk assessment and/or individual healthcare plan will be put in place.

Parents/carers will be informed when their child has slept during the school day, including approximately when they fell asleep and woke.

If staff notice a significant or persistent change in a child's need for daytime sleep, this will be discussed sensitively with parents/carers.

5. Designated Rest and Sleep Area

The school will identify a suitable area where an EYFS child can safely rest or sleep.

The area will:

- be quiet and calm
- allow appropriate supervision
- enable the child to remain within sight and hearing of staff
- be appropriately ventilated
- be maintained at a comfortable temperature
- be away from direct heat sources and strong sunlight
- be free from avoidable hazards
- provide sufficient space around the child
- allow staff to reach the child easily if assistance is required

The area will not be isolated from staff.

6. Sleep Surface

Children will be provided with an age-appropriate, safe sleeping/resting surface.

The surface will be firm, flat, clean and in good condition.

Children will not routinely be allowed to sleep on unsuitable soft furnishings such as sofas, beanbags, piles of cushions or other surfaces that could compromise their breathing or cause them to become excessively warm.

Sleeping equipment will be cleaned appropriately between children in accordance with the school's hygiene procedures.

Where equipment is specifically designed for sleeping, manufacturer's instructions will be followed.

The school will follow any additional statutory safer-sleep requirements applicable to younger children attending the provision.

7. If a Child Unexpectedly Falls Asleep

If a child falls asleep unexpectedly, for example in the book corner, on the carpet or during a quiet activity, a member of staff will assess the situation promptly.

Staff will consider:

- whether the child's position and location are safe
- whether the child can breathe freely
- whether the child may be unwell
- whether there has been any accident or injury
- whether moving the child is necessary and can be done safely

Where appropriate, the child will be gently moved or supported to transition to the designated safe rest/sleep area.

If moving the child would cause unnecessary distress or present a greater immediate risk, staff will make the area around the child safe and maintain close supervision until the child can be moved or wakes.

The child will not simply be left sleeping where they have fallen asleep without consideration of their safety.

8. Clothing and Temperature

Staff will take reasonable steps to prevent a sleeping child becoming too hot or too cold.

Outdoor clothing such as coats, thick outer layers and hats will normally be removed before sleep.

Staff will consider the temperature of the room and the child's clothing.

A child's face and head will remain uncovered while sleeping.

9. Supervision and Monitoring

Sleeping children remain the responsibility of staff at all times.

Children who are sleeping will remain within sight and hearing of staff and will be frequently checked.

Checks will include observing:

- the child's position
- that the child's face and airway are clear
- the child's breathing
- the child's general appearance and colour
- whether the child appears comfortably warm rather than excessively hot or cold
- that the immediate sleeping environment remains safe

Staff will not rely solely on listening devices, cameras or other monitoring equipment as a substitute for appropriate physical supervision and checks.

Recording sleep

Where a child sleeps during the school day, staff will record:

- the child's name
- date
- time sleep began
- location
- relevant circumstances, where appropriate
- checks undertaken
- time the child woke
- any concerns or actions taken
- member of staff responsible

The frequency of recorded checks will be determined by the school's risk assessment, taking account of the child's age, individual needs and circumstances, while ensuring that sleeping children are frequently checked.

10. Children Who Regularly Require Daytime Sleep

Where a child regularly needs to sleep during the school day, the EYFS Lead or appropriate member of staff will discuss this with the child's parents/carers.

An individual sleep/rest arrangement may be recorded setting out:

- the child's usual sleep needs

- preferred routine
- appropriate sleeping arrangements
- relevant health information
- any SEND considerations
- any advice from healthcare professionals
- supervision and monitoring arrangements
- how information will be shared with parents/carers

This arrangement will be reviewed if the child's needs change.

11. SEND and Medical Needs

Reasonable adjustments will be made for children with SEND, disabilities or medical needs.

Where a child's condition affects their sleep, positioning, breathing, temperature regulation or ability to communicate distress, the school will seek appropriate information from parents/carers and, where necessary, relevant healthcare professionals.

Any professional medical advice specific to an individual child will be incorporated into their healthcare plan or risk assessment as appropriate.

Staff will not introduce sleep equipment, positioning arrangements or other practices that conflict with recognised safer-sleep guidance unless these form part of documented medical advice for the individual child.

12. When Sleepiness May Indicate Illness

Staff will remain alert to the possibility that unusual tiredness or sleepiness may indicate illness rather than a normal need for sleep.

Staff will seek first-aid support and follow the school's procedures for an unwell child if there are concerns such as:

- unusual or sudden drowsiness
- difficulty waking the child
- confusion or unusual behaviour
- abnormal or laboured breathing
- vomiting
- fever or the child feeling unusually hot
- unusual pallor, colour or clamminess
- a recent head injury or other injury
- any other presentation that causes concern

Parents/carers will be contacted in accordance with school procedures.

13. Emergency Procedures

If a sleeping child:

- cannot be roused normally
- is not breathing normally
- appears seriously unwell
- has a significant change in colour
- is experiencing breathing difficulties; or
- gives staff any other cause for serious concern, staff will treat this as a medical emergency.

Staff will:

1. summon immediate assistance
2. follow the school's emergency first-aid procedures
3. call 999 where required
4. commence appropriate first aid/CPR where necessary and within their training
5. ensure a paediatric first aider attends as appropriate
6. contact the child's parents/carers as soon as practicable;
7. record the incident and follow the school's safeguarding, accident and reporting procedures.

Staff will not delay emergency action while attempting to contact parents/carers.

14. Waking Children

Children will normally be allowed to wake naturally unless there is a clear reason to wake them.

Where a child needs to be woken, staff will do so gently and sensitively.

Children will be given time to orientate themselves after waking and will be offered comfort, reassurance and a drink where appropriate.

Staff will be mindful that some children may initially be confused, upset or dysregulated after waking.

15. Safeguarding

Safe sleep is part of the school's wider safeguarding responsibilities.

Any concern about a child's health, welfare or home circumstances arising from conversations about sleep will be considered in accordance with the school's safeguarding and child-protection procedures.

Staff will share concerns with the Designated Safeguarding Lead where appropriate.

16. Record Keeping and Confidentiality

Sleep records will be maintained in accordance with the school's record-keeping and data-protection procedures.

Records relating to medical conditions, SEND or safeguarding concerns will be stored and shared appropriately and confidentially.

17. Monitoring and Review

The EYFS Lead and Headteacher will monitor implementation of this policy.

The policy will be reviewed at least annually, and sooner where:

- statutory EYFS requirements or government guidance change
- the school's provision changes
- an incident or concern indicates that procedures should be reviewed; or
- the needs of children attending the provision require changes