

Safer Sleep Policy



Last reviewed	June 2026
Reviewed by	Abbie Fleming
Approved by	Governing Board
Date of approval	July 2026

Safer Sleep Policy

St Leonard's Primary School is aware that some learners may require sleep either due to the age and developmental level of the student, or as a result of a disability or medical need. The main aim of the school is to ensure that our learners are safe, secure and protected from harm. This policy outlines our approach to sleep and rest within the Early Years Foundation Stage (EYFS), ensuring that all children's individual needs are met in a safe, supportive, and developmentally appropriate environment.

Aim:

- To provide a calm and restful environment that meets the physical and emotional needs of young children.
- To respect and accommodate individual sleep routines, cultural practices, and parental preferences.
- To ensure children's safety and wellbeing during sleep and rest times.
- To promote a consistent and reassuring routine to help children feel secure.

Our Core Principles of our Safe Sleep and Rest Policy:

1. Child-Centred Care
 - Each child's individual sleep and rest needs, routines, and preferences are respected.
 - Parents are consulted about their child's sleep habits, and plans are adapted accordingly.
 - Children are never forced to sleep, but rest is encouraged if they are tired.
2. Safety First
 - Children are always supervised while sleeping or resting.
 - Staff carry out regular checks (usually every 10 minutes) to monitor children's breathing, position, and overall wellbeing.
 - Sleep environments meet safety standards, with firm, clean sleep surfaces and no loose bedding, pillows, or soft toys that pose suffocation risks.
 - Staff to complete a record of supervision for sleeping children which will be shared with parent/carers.
3. Consistency and Routine
 - A consistent daily routine helps children feel secure and settle more easily during rest times if needed.
 - Transitions to and from rest periods are handled calmly and predictably.
4. Environmentally Appropriate
 - Sleep areas are separate from active play areas where possible, to promote relaxation.
5. Hygiene and Equipment Care
 - Each child uses a clean, designated set to prevent the spread of infection.
 - Mats, and bedding are regularly cleaned and maintained to high hygiene standards.

6. Responsive Staff

- Practitioners respond sensitively to children's cues (e.g., signs of tiredness or discomfort).
- Comfort and reassurance are given as needed to help children settle and feel secure.
- Staff are trained in safe sleep practices and understand how to implement them effectively.

7. Communication with Families

- Parents will be consulted about their child's sleep routines and preferences as part of the induction process.
- Any specific sleep requirements or routines will be documented in the child's personal care plan
- Parents will be informed if their child has slept during the day, including duration and time.

8. Compliance with Guidance.

- Sleep practices align with statutory frameworks.

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EYFS Lead: Mrs Abbie Fleming