



SAFER SLEEP POLICY

Policy statement

Ide Hill Pre-school does not have set nap times. Children attending the setting are usually awake and engaged in play and learning throughout the session. However, we recognise that on odd occasions a child may become tired or unwell and may fall asleep. When this happens, we will ensure the child is cared for safely, sensitively and in line with the Early Years Foundation Stage (EYFS) safeguarding and welfare requirements.

This policy supports safer sleep practice for babies and children and reflects the EYFS 2026 requirements, which state that children must be placed down to sleep safely, on their back, in their own separate sleep space, on a clear, firm and flat surface. Ide Hill Pre-school does not look after children under the age of 24 months – this policy reflects the age group of children within our setting.

Procedures

- If a child appears tired or falls asleep, staff will respond calmly and sensitively, ensuring that the child is safe and always supervised.
- The child will not be left to sleep in a pushchair, car seat, beanbag, sofa, chair, cushion, large soft play item or any other unsuitable place.
- Where a child over 12 months needs to sleep, we will provide a clean, wipeable, firm, flat mattress or mat on the floor in a safe area away from walkways, doors, heaters, blind cords and other hazards.
- Children will be placed on their back to sleep unless written medical advice or a care plan states otherwise.
- The sleep space will be kept clear. Pillows, soft toys, loose bedding, bumpers, wedges, straps and any unnecessary items will not be used.
- If a blanket is required, lightweight bedding will be used and tucked in below the child's shoulders to prevent head covering. Children's heads will not be covered.
- Staff will ensure that children do not become too hot or too cold. Clothing and the room environment will be considered and adjusted where appropriate.
- Sleeping children will be checked frequently by staff. Checks will include the child's position, breathing, temperature and general wellbeing.
- Parents/carers will be contacted if their child falls asleep unexpectedly, appears unusually tired, is difficult to rouse, or staff have any concern about the child's health or wellbeing.
- If staff have any concern that a child may be unwell, they will follow the setting's illness, first aid and safeguarding procedures as appropriate.

Cleaning and storage

- The wipeable mattress or mat will be cleaned before and after use in line with the setting's infection control procedures.
- Sleep equipment will be checked before use to ensure it is clean, dry, firm, flat and in good condition.
- Sleep equipment will be stored safely when not in use.

Working with parents/carers

Parents/carers are asked to inform the setting of any sleep needs, routines, medical needs or relevant changes at home. Where a child regularly needs to sleep during the session, this will be discussed with parents/carers and an individual plan will be agreed, taking account of the child's age, needs and EYFS safer sleep requirements.

Legal framework and further guidance

- Early Years Foundation Stage (EYFS) statutory framework 2026
- Department for Education safer sleep guidance for early years providers
- The Lullaby Trust safer sleep guidance
- NHS safer sleep advice

This policy was adopted at a meeting of the pre-school held on – 01/09/2026



Signed on behalf of the pre-school

A handwritten signature in black ink that reads "Camilla Fay".

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This policy will be reviewed in October 2026