



Grandpont Nursery School and Childcare

Safer Sleep Policy

1. Policy Statement

At Grandpont Nursery School and Childcare, we recognise that sleep and rest are essential for children's health, wellbeing, and development. We believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with parents/carers to ensure there is consistency between home and our setting. Parents/carers will be asked to provide details of their children's routines before their first day, including the usual duration and time(s) of their nap(s), as well as settling techniques used at home. Parents/carers will be notified of their child's sleep times at the end of each session.

We are committed to ensuring that all children are provided with a safe, secure, and well-supervised sleep environment in line with:

- The Early Years Foundation Stage (EYFS) Statutory Framework
- Updated safer sleep requirements (2026)
- Guidance from the NHS and The Lullaby Trust
- Ofsted safeguarding and welfare requirements

Children's safety during sleep is paramount, and robust procedures are in place to minimise risks, including Sudden Infant Death Syndrome (SIDS).

2. Key EYFS & Ofsted Requirements

In line with EYFS & Ofsted safeguarding and welfare requirements:

- Children must be kept safe while sleeping and frequently checked.
- Sleeping children must remain within sight and/or hearing of staff at all times.
- Staffing arrangements must ensure effective supervision.
- Equipment and sleep environments must be safe, suitable, and age-appropriate.

3. Safer Sleep Guidance (EYFS 2026 Updates)

Grandpont Nursery follows the latest safer sleep guidance, including:

- All children under 2 years are placed on their back to sleep
- Each child sleeps in their own separate sleep space
- Sleep surfaces are firm, flat, and clear
- Babies under 1 year must sleep in a basket
- No pillows, duvets, soft toys, or loose items are permitted in sleep spaces.
- Lightweight bedding is used and securely tucked below shoulder height
- Room temperature is maintained between 16–20°C. Digital thermometers are used to monitor room temperature in both sleep spaces and ensure that babies and young children do not get too hot or too cold
- Children are visually checked frequently while sleeping

4. Sleep Arrangements by Age Group

4.1 Children Under 2 Years

- Sleep takes place in the room where children usually play to ensure familiarity and continuous supervision
- A member of staff is present in the room at all times while children are sleeping
- Each child is checked every 15 minutes, with checks recorded
- Babies are placed:
 - On their back
 - In a basket (under 1 year) or appropriate sleep space
 - With no loose bedding or objects
- Children remain within sight and hearing of staff at all times

These measures reflect EYFS expectations that babies are closely supervised and regularly checked during sleep.

4.2 Children Aged 2 Years and Over

- Children sleep in a designated sleep space separate from active play areas
- A member of staff remains in the room at all times
- Children are monitored and physically checked every 15 minutes, with records kept
- Sleep mats are:

- Clean, safe, and appropriately spaced
- Used with light bedding appropriate to age

Older children's environments are adapted to their developmental stage while maintaining safety and supervision.

5. Supervision and Monitoring

- A staff member is always present in sleeping rooms
- Children are checked at least every 15 minutes and more frequently if needed
- Checks include:
 - Breathing and general wellbeing
 - Body temperature (avoiding overheating)
 - Sleep position (especially for under 2s)
- All checks are documented and signed by staff

This ensures compliance with EYFS requirements for frequent checks and active supervision.

6. Safe Sleep Environment

Grandpont Nursery ensures that:

- Sleep areas are calm, clean, and well-ventilated
 - All equipment meets current safety standards
 - Baskets and sleep mats are regularly checked for safety
 - No hazardous items (e.g., cords, loose materials) are accessible
 - Children who fall asleep elsewhere are moved to a safe sleep space promptly
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7. Working in Partnership with Parents

- Parents are consulted about children's sleep routines and preferences
 - Safe sleep practices are shared and explained to families
 - Any variations (e.g. medical needs) require written agreement and risk assessment
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8. Staff Training and Responsibilities

- All staff receive training in safer sleep practices
- Staff must follow this policy at all times
- Managers monitor compliance through:
 - Observations

- Supervision
 - Regular policy reviews
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9. Safeguarding

Failure to follow safer sleep guidance may place children at risk and will be treated as a safeguarding concern. Immediate action will be taken in line with safeguarding procedures.

10. Policy Review

This policy will be reviewed:

- Annually
 - Following updates to EYFS or safeguarding guidance
 - After any incident or inspection feedback
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Summary

Grandpont Nursery ensures that:

- All children sleep safely and appropriately for their age
- Under 2s are closely supervised in their main room
- Over 2s use a designated sleep space
- 15-minute checks and constant staff presence is maintained
- Practice aligns fully with EYFS, NHS Guidance, The Lullaby Trust and Ofsted expectations