MURDISHAW WEST PRIMARY & NURSERY SCHOOL

SAFER SLEEPING POLICY

Autumn 2026

Policy Title	SAFER SLEEPING POLICY
School/HBC	School
Written by	V Edwards & J Phillips
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Signed by Chair of Governors	D Cox
Date	
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Policy statement

At Murdishaw West, we recognise that it is imperative that children get the sleep they need to function so to grow their cognitive, physical, and emotional development. It is essential for a child's health and well-being that they have enough quality sleep/ rest time. We have adopted a policy of practice recommended to minimise the risk of 'Sudden unexpected death in childhood (SUDC) in children aged over 12 months. This policy reflects the requirements of the Early years foundation stage (EYFS) statutory framework. All Children's safety is paramount, and we work in partnership with parents to ensure this.

Procedures

This policy covers safer sleeping procedures for children registered on our school roll from aged 2 years and above.

The Lullaby Trust provides key information that advocates for safe sleep practices. These can be found in detail in their Safer Sleep Awareness Guide
https://www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-sleep-awareness-for-early-y ears-settings-booklet.pdf

If parents request their child not to sleep at nursery, this will be recorded in the child's sleep plan and staff will provide quiet activities; staff will not forcibly prevent a child from sleeping if they fall naturally asleep. We will allow the children a minimum of 45 minutes sleep.

When waking children after their sleep limit (if parents have requested to set one), we shall do so calmly and slowly, to not shock the child. Blankets may be removed and lights may be slightly brightened but children will not be physically woken up by staff (lifting child up etc.) Children should be allowed to wake up naturally and in their own time.

Prior to sleep/rest time, staff will ensure the following:

- The child has had a nappy change with a fresh, clean nappy
- Outer clothing is removed (thick cardigans with zips/buttons)
- The baby child has been fed and had a drink
- The room is the right temperature (not too hot/cold)
- Lights are dimmed where possible during sleep tim

Children are:

- Always in sight and hearing of an adult when sleeping
- Provided with their own, individual clean bedding
- Placed on their back on a sleep mat
- Given a blanket
- Not left to cry
- Supported by their key person/an adult to sleep

- All sleeping children will be visually checked at regular, frequent intervals and these checks will be recorded (time, staff initials and brief observation). If a child's bedding covers face, staff will reposition immediately.
- Staff will be trained to recognise signs of respiratory distress and to act immediately; all staff are trained in paediatric first aid and emergency response.
- If a child requires a dummy/comforter for sleeping, staff will check it is not obstructing the child's breathing, as good practice, we will remove the dummy/comforter once the child is asleep. 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.

Where relevant this policy follows Department for Education safer sleep guidance for early years providers and The Lullaby Trust safer sleep guidance; it applies the EYFS safer-sleep expectations.

Appendix 1: Sleep Check Record

Child's Name	Time fell asleep	Initial and tick when completed (every 10mins). When child wakens, please record the time.											
Notes:	**Remember to check:** ○ Child is breathing ○ Airways clear/nothing blocking child's face ○ Loose blankets offered to children, kept below shoulder ○ Child in comfortable, safe sleeping position ○ Check the 'rise and fall' of child's chest ○ No pillows (OR child safe pillow only)/No loose cushions around child ○ Children sleeping on firm, washable mattress with individual bedding ○ Monitor Room temperature/Child temperature ○ All children have individual bedding – to be stored in individual bags after use. ○ Washed weekly.												