Safer Sleeping Nursery Procedures

Date: September 2026

Review date: September 2027.

This policy is reviewed annually.

Statement of Intent
At Hodnet School Nursery, we recognise that sleep and rest are essential for children's health, wellbeing, growth and development. We are committed to providing a safe, comfortable and nurturing environment where children can rest or sleep according to their individual needs.
We work in partnership with parents and carers to ensure sleep arrangements are tailored to each child whilst following current safer sleep guidance and best practice.
The safety and welfare of children are paramount at all times.

Individual Sleep Needs
Every child is unique and has their own sleep routine, preferences and requirements.
When a child joins the setting, parents/carers will be asked to provide information about:

- Their child's usual sleep routine.
- Preferred sleep times.
- Comforters or sleep associations.
- Any medical conditions affecting sleep.
- Any advice received from health professionals.

Sleep routines are reviewed regularly with parents and updated as children's needs change.

Safer Sleep Practice
To reduce the risk of sleep-related accidents and promote safer sleep:

- Children are provided with a safe and suitable sleep space appropriate to their age and stage of development.
- Sleep mats and sleep equipment are regularly checked and maintained.
- Children will sleep on a firm, flat, waterproof mat and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering.
- Children are never left unsupervised whilst sleeping.
- Sleeping children remain within sight or hearing of staff at all times.
- Children are not permitted to sleep in car seats, bouncy chairs, highchairs or similar equipment.
- Bibs are removed before sleep.
- Children are not put to sleep with bottles.
- Sleep areas are kept clean, safe, calm and free from hazards.
- Comforters may be used where appropriate and agreed with parents.

Preparing Children for Sleep
Before a child is settled to sleep, staff will ensure:

- The child is comfortable and settled.
- Nappies have been checked and changed where necessary.
- Appropriate clothing is worn for the room temperature.
- The child has access to their comforter if required.
- The sleep environment is calm, safe and comfortable.
- Individual routines and preferences are respected.

Children may be supported to sleep through gentle reassurance, cuddles, quiet stories or other agreed methods that meet their individual needs.

Sleep Environment
The sleep environment will:

- Be clean, safe and well maintained.
- Be adequately ventilated.
- Be maintained at a comfortable temperature.
- Be monitored closely during periods of hot weather.
- Provide a calm atmosphere that supports rest and relaxation.
- Be arranged to allow effective supervision of sleeping children.

During periods of hot weather or heatwave conditions, additional measures may be implemented to reduce the risk of overheating.

Sleep Monitoring
Children who are sleeping will be monitored regularly in accordance with the setting's safer sleep procedures.
Staff will:

- Observe children's breathing.
- Monitor colour and overall wellbeing.
- Check children are comfortable and not overheating.
- Ensure bedding remains safe and secure.
- Record sleep checks and sleep times.
- Take immediate action if any concerns arise.

Any concerns regarding a child's sleep, breathing, health or wellbeing will be reported immediately to the manager and parents informed where appropriate.

Sleep Records
A sleep record will be maintained for children who sleep at the setting. (Appendix A)
Records include:

- Time settled to sleep.
- Sleep checks completed.
- Time woken.
- Duration of sleep.
- Any observations or concerns.

Sleep information will be shared with parents and carers as appropriate.

Staff Knowledge and Training
All staff receive information, training and guidance relating to safer sleep practices.
Staff understand:

- Current safer sleep guidance.
- Safe sleep positioning.
- The importance of preventing overheating.
- Appropriate supervision requirements.
- Individual sleep needs and care plans.
- How to respond to concerns regarding a child's wellbeing.

Managers regularly monitor practice to ensure procedures are consistently followed.

Partnership with Parents and Carers
Parents and carers are informed of the setting's safer sleep procedures upon registration.

We believe effective communication between families and practitioners is essential to ensuring children's sleep needs are met safely and consistently.
Parents are encouraged to discuss:

- Changes to routines.
- Sleep concerns.
- Medical needs.
- Developmental changes affecting sleep.

Sleep arrangements will always be discussed and reviewed in partnership with families. Whilst parental wishes are taken into consideration, the setting will always act in the best interests of the child's health, wellbeing and developmental needs.

Rest Opportunities

Not all children will sleep during the day; however, all children will have opportunities to rest and relax.
Quiet activities may include:

- Reading books.
- Listening to stories or calming music.
- Looking at books independently.
- Relaxing in a quiet area.

Children will never be forced to sleep or prevented from resting when they are tired.

Review

This will be reviewed annually, following any significant incident, or whenever safer sleep guidance is updated.

Appendix A – Sleeping Monitoring Record.

Hodnet Primary School Nursery - SAFER SLEEP MONITORING RECORD

Room: Nursery Class

Date: _____

Staff Member Responsible: _____

Child's Name	Temperature	Area Clean and clear	Time Settled	Sleep Position	Sleep Check Times / Initials	Time Woke	Notes / Concerns

Checks carried out every _____ minutes in accordance with the setting's Safer Sleep Policy.

Checks include:

- **Breathing observed**
- **Child's position checked**
- **Child's wellbeing monitored**
- **Sleep environment remains safe**
- **Temperature**

Concerns / Actions Taken

_____

_____

_____

Staff Declaration

I confirm that sleeping children were monitored in accordance with the setting's Safer Sleep Policy and any concerns were acted upon immediately.

Staff Signature: _____

Date: _____