Holy Trinity
C of E Primary Academy and Nursery

Safer Sleep Policy

Updated September 2026

Policy Statement

Holy Trinity C of E Primary Academy and Nursery is committed to providing a safe sleeping environment for every baby and young child in our care. This policy has been fully updated to reflect the EYFS Statutory Framework (September 2026). Sleep is a vulnerable time for babies and young children and all staff have a responsibility to follow safer sleep practices at all times. This policy applies to all staff, volunteers and visitors working in the nursery and in any setting where the academy is responsible for the care of children aged 0–5 years. It covers sleep at nursery sessions. It does not replace specialist medical or care plans for children with significant medical needs; where such plans exist, this safer sleep policy will be implemented alongside the individual medical/care plan.

Purpose

This policy aims to reduce the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related accidents, provide a safe sleep environment, ensure consistent practice and work in partnership with parents.

Roles and Responsibilities

- Trust Headteacher: ensures compliance, resources, monitoring and annual review.
- Nursery Manager: oversees implementation, staff training, risk assessments and quality assurance.
- Practitioners: follow this policy, supervise sleeping children, complete sleep records and report concerns immediately.

Safe Sleeping Arrangements

- Children under two years are placed on their back to sleep.
- Babies under 12 months sleep only in a suitable cot, Moses basket, carry cot or travel cot with a firm, flat mattress.
- Babies who can roll independently are always placed on their back initially but may adopt their own sleeping position.

Sleep Environment

- Sleep spaces are free from pillows, duvets, cot bumpers, wedges, sleep positioners, nests, loose blankets and toys.
- Children's heads remain uncovered.
- Room temperature is maintained between 16–20°C.

Supervision

- Babies under 12 months mut sleep in the same room as a practitioner.
- Sleeping children remain within sight or hearing of staff.
- Sleep checks are completed and recorded, monitoring breathing, colour, temperature and sleep position. For children under 12 months, practitioners will perform and record visual checks every 5-10 minutes. For children 12-24 months checks will be documented at least every 10-15 minutes, unless an individual risk assessment states otherwise.

Partnership with Parents

- Parents discuss sleep routines before admission.
- Individual sleep risk assessments are completed where required.
- A copy of this policy is available on the Academy/Nursery website and parents are informed of any concerns.
- The nursery will not accept the handover of a baby or child who is asleep on arrival. All babies and children must be **awake at the point of handover** so that staff can observe their presentation, responsiveness and general wellbeing and be satisfied that they are well enough to attend nursery that day. If a child arrives asleep, the parent/carer will be asked to remain responsible for the child until they are awake and can be safely handed over to nursery staff.

Sleep Records

- Record sleep start and wake times.
- Record sleep checks and observations.
- Record concerns and actions taken.

Cleaning

- Mattresses checked daily.
- Cots cleaned regularly.
- Bedding laundered weekly or sooner if required.
- Mattresses sanitised between children.

Emergency Procedures

- Call 999 immediately.
- Begin paediatric first aid if required.
- Inform parents.
- Complete statutory notifications and records.

Monitoring and Review

The Nursery Manager will monitor compliance through observations, supervision, audits and annual policy review or sooner if statutory guidance changes.

Related Documents

- EYFS Statutory Framework (September 2026)
- Department for Education Safer Sleep Guidance
- The Lullaby Trust Guidance
- NHS Safer Sleep Advice

Approved by: _____

Trust Headteacher: _____

Date Approved: _____

Review Date: September 2027