Safe Sleep Policy

This policy will be reviewed annually by Ilchester Early Years Department

Policy Reviewed:	September 2026
Next Review Date:	September 2027

Ilchester Early Years Department identifies the importance of offering children a quiet area where they may relax and have a sleep during the day.

Staff are fully aware that children need to rest and sleep and appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or a nap if they need to. Children have access to a designated quiet room with beds, throughout the day.

When a child is tired mats can be provided for those who need to rest/sleep, these are wipe clean mats, the children will also be provided with a cellular blanket.

Parents' wishes are always valued and respected and staff work closely with them to ensure each child's individually needs are carefully met. All rest/sleep times are shared with the parent at the end of the day.

Staff will never force a child to sleep or keep them awake against their will.

Safe Sleep Practices for all children:

- Staff will be given clear guidance on appropriate safe sleeping practices at induction
- Children are allowed to sleep/rest when they are tired and not just at dedicated times of the day
- Children are placed to sleep on their backs, Feet to foot position.
- Staff are aware of children's individual sleep needs
- Staff communicate with parents/carers about their children's sleep needs
- Children will always be provided with suitable sleeping facilities away from the main play areas
- Children's flat mats and blankets are only used by individual children and laundered on a weekly basis or more often if they are dirty.
- Used blankets are not stored with clean bed linen.
- Children are always supervised when sleeping. Depending on the number of children sleeping, a staff member may remain in the room where the children are sleeping.
- If there is no staff member in the room where the children are sleeping, the staff have visibility of the children through a viewing panel in the sleep room wall.
- If there is a safety risk staff will be in the room while the children are sleeping.
- 10 minute sleep checks are conducted, and staff complete a sleep record for each child. The sleep record contains the following information:

  * Time of the check

  * Who conducted the check

  * The position of the child (safer sleeping)

  * The sleep room temperature (Should be between 16-20 degrees)

- The sleep room is well ventilated, and the air is regularly changed in the room. If the sleep room is not between 16 and 20 degrees, action is taken to adjust the temperature e.g., opening the door, bringing in a fan, turning the heating up.

- Beds are spaced 50 centimetres apart.
- Lighting is adjustable to ensure a relaxed sleepy environment for the children.
- All rooms at Ilchester Early Years Department have been discussed with the local fire officer and comply with fire safety requirements.
- All rooms at Ilchester Early Years Department include a rest area where children can relax away from the main play activity.

Safe Sleep Practices for children over 2 years:

- Children over 2 years of age will have access to a sleeping mat. These meet British safety standards.
- Mats are spaced 50 cm apart, so that staff can easily manoeuvre around the mat/bed to provide for the children's care needs.
- Staff will ensure no objects of strangulation or choking are present in or near the sleeping area e.g., Bibs, hair bobbles and slides
- Sleep checks will take place every 10 minutes

Procedure for managing an emergency if a sleeping child is unresponsive:

- First aid is administered, and the emergency services are contacted
- The Head Teacher/Person in charge at the time notifies the child's parents/guardians as soon as possible of the situation
- The person who found the child and has been resuscitating the child gives a detailed account of the events to the paramedic staff
- The scene is left as it is. Police may need to investigate
- Families of the other children attending the nursery may need to be notified of the incident by the Head Teacher
- Staff support is essential following any such incident