

Safer Sleeping Policy

Version number	Dates produced & approved	Reason for production	Author	Locations	Proposed next review date
V1.0	June 2026	Part of safer sleeping guidance from gov.uk	Rebecca Powell	Website and dropbox	June 2028

Statement of intent

North Nibley Preschool is committed to ensuring that all children who require sleep or rest are provided with a safe, comfortable and supervised area. We recognise that children have individual sleep needs and will work in partnership with parents/carers to support these appropriately.

Sleeping at preschool

- Children will have their own sleep mat.
- Children will have their own bedding to use, after sleep this will be stored in a bag with their name on to use next time they are in.
- Children can have their comforters while sleeping, if they are not covering their face.
- Soft music will be played.
- Member of staff will remain with the children while they are settling to sleep.
- Sleeping children will have a designated end of the main hall, remaining in the same room as other children and staff.
- Children will be placed on backs but as children aged 2-4 can independently move into different positions staff do not need to move them back on to their backs, but they must ensure the child's face remains completely clear of blankets and isn't facing into the pillow. Mouth and nose need to always be visible.
- Children will remove shoes, hairbands and jumpers if they have a few layers on.

Supervision

- Member of staff will remain with the children while they settle to sleep, offering reassurance and support as needed.

- Once children are asleep, staff will continue to supervise closely, checking every 10 minutes this will be logged in the sleep folder along with the staff initials of who checked them.
- Sleep and awake times will be recorded and shared with parents/ carers.
- Staff will remain alert to any signs of illness, distress or unusual sleeping patterns and will take appropriate action were necessary.

Hygiene

- After sleep, mats will be cleaned with anti-bacterial spray, then stored away.
- Bedding is stored in bags with children's names on for next time that week.
- Bedding will be washed weekly or that day if soiled.

Further guidance

Department for education safer sleep

EYFS

Associated policies and procedures

No 4, safeguarding children and child protection

No 32, risk assessment