North Baddesley Infant School, Nursery and Pre-School

Policy for Safer Sleep

This policy was agreed and formally adopted on 24.3.22.

This policy will be reviewed every three years.

Last review: October 2026

Our Policy for Safer Sleep relates to other school policies and should be read in conjunction with these. Any reference to 'parent(s)' throughout the policy refers to parents, carers or anyone else with primary care responsibility for a child. Any reference to school throughout the policy also refers to nursery and pre-school, as applicable.

General Principles

Staff at North Baddesley Infant School, Nursery and Pre-School will follow these guidelines.

Children in Year R and KS1 will not have access to the facilities for safe sleep. If a child in one of these year groups falls asleep, they will be woken or a parent will be called.

Procedure for Nursery and Pre-School settings:

- Children are allowed sleep at any time if they are tired; however, timetabled sleep is offered daily, each afternoon, to the children whose parents have identified this to the setting.
- Children will sleep in a calm area of the setting. Where possible, lighting will be dimmed.
- The following item will be provided by the nursery or pre-school setting:
    - A suitable sleep mat.
- The following items will be provided from home (if required):
    - Small comforter— this will be moved away from the child once they have fallen asleep.
    - Dummy/pacifier — if part of their home sleep routine.
    - Sleep bag – if used at home.
- An adult always supervises sleeping children, checking them every 10 minutes. This is recorded on a sleep chart in setting and is communicated to parents via Tapestry.
- The temperature is checked and recorded in setting every 10 minutes.
- We aim for the temperature to remain between 16 degrees Celsius to 20 degrees Celsius. Where there are extenuating circumstances and the temperature exceeds these limits significantly, parents will be contacted and practitioner judgement will be made with the support of senior leaders.
- Sleep mats will be cleaned after use with antibacterial spray and a disposable cloth.
- Staff will ensure no objects of strangulation or choking hazards are present or near the sleeping area.
- Smoking is strictly forbidden in or around the building.
- The sleep area is risk assessed and checked daily before use.

Monitoring, Evaluation and Review

The school will review this policy on a three yearly basis and assess its implementation and effectiveness regularly. The policy will be promoted and implemented throughout the school, nursery and pre-school.