Safer sleeping at Harpers Nursery and Forest School

We follow 'Safer sleeping guidance' from the Department for Education in collaboration with The Lullaby Trust. This guidance supports planned updates to the Early Years Foundation Stage (EYFS) statutory framework, which should be made in September 2026.

Every staff member has read and understands our safer sleeping policy.

We provide a safe place for children to sleep and/or rest.

We lay children to sleep/rest on their backs

Every child has their own sleep/rest place.

Children 12 months old and under sleep in a cot with their feet at the bottom.

Parents/carers supply a well fitted sleeping bag which we check to ensure it meets the BS standards for all children under two years.

Children aged two years and above may have a blanket. We ensure these do not cover their heads.

A staff member is always in the same room as children who are sleeping or a monitor is used which has sound and a visual display.

All sleeping children are checked regularly.

Times children sleep are recorded and this is shared with parents/carers

No child leaves the Nursery or Forest School asleep and no child is allowed to be admitted into the Nursery or Forest School when asleep.

Children over 1yrs may sleep in a cot or on a sleep mat which is firm and flat and placed on the floor. These children may have a comfort item if they need one to aid/support their sleep/rest.

Sleep spaces are free from straps, toys, pillows and other items.

We check if a baby or child is too hot or cold. We feel their chest or the back of their neck (hands and feet will usually be cooler, which is normal). If their skin feels clammy or sweaty we remove one or more layers of clothing or bedding. We use your professional judgement during extreme temperatures.

We share our safer sleeping practice with parents/carers and other settings.