

Safe Sleep Policy - Parkway Preschool



1. Introduction

Parkway Preschool recognises that some children may need to sleep or rest during the day due to their age, stage of development, disability, medical need, or individual circumstances. We are committed to ensuring that all children are safe, secure, appropriately supervised, and protected from harm while sleeping or resting in the preschool.

2. Aim

The aim of this policy is to provide a clear framework for staff, parents and carers to ensure the health, safety and wellbeing of children who require support to sleep or rest while in the Early Years Foundation Stage (EYFS).

3. Scope

This policy applies to all children who may need to sleep or rest during the day, and to all staff who are responsible for their care, supervision and welfare.

4. Legislative and Guidance Framework

This policy has been developed with reference to the statutory framework for the Early Years Foundation Stage and current safer sleep guidance for Early Years Providers. We have reviewed this policy in line with the updates due to be introduced by September 2026. We have researched the safety guidelines using the **Lullaby Trust** and **The Educational Foundation for Early Years**.

5. Principles

At Parkway Preschool supporting children's sleep and rest is recognised as part of high-quality care. The school will ensure that children's individual needs are identified and met, that their right to health, safety and wellbeing is upheld.

- Children will be supported by DBS-checked and approved staff who are responsible for their care.
- Parents' and carers' knowledge of their child's routines, needs and preferences will be respected and considered.
- Cultural preferences will be considered where these are consistent with the child's safety and welfare.

- Care will be consistent as far as is appropriate and practicable.
- Families will be provided with information or signposted to appropriate sources of advice where support with sleep or bedtime routines is requested or required.

6. Safe Sleep Environment

We will provide a safe and suitable place for children who need to sleep or rest. The area will be calm, appropriately supervised, well-ventilated and free from avoidable hazards.

- The classroom will be kept well ventilated.
- Sleep mats will not be placed directly in front of the doors.
- Sleep mats should be on a rug/carpet in a quiet corner.
- We will ensure children do not become too hot or too cold.
- Sleep mats will be checked, inspected and cleaned.
- Sleep spaces will be away from other children playing and toys
- Soft toys will be removed from the sleep space unless a child requires a comforter and it is safe for them to have it.

7. Safe Sleep Practice

Staff will follow safe sleep practice to reduce risk and promote children's wellbeing. Children will be supported to rest in a manner that is suitable for their age, development and individual needs.

- Children will never be left unattended while sleeping or resting.
- Sleeping children will remain within sight and hearing of staff.
- Staff will conduct regular visual checks
- Checks will include observing the rise and fall of the child's chest and whether the child's sleep position has changed.
- Any concerns about a child's breathing, colour, temperature, responsiveness or general wellbeing will be acted upon immediately in line with the school's safeguarding, first aid and medical procedures.

8. Individual Needs and Partnership with Families

Parents and carers will be informed if their child falls asleep during the session and will be consulted about their child's usual sleep and rest routines, including comforters, medical needs, disabilities, allergies, cultural preferences and any known factors that may affect sleep. Where a child has a medical need, disability or individual care plan, staff will follow the agreed plan and seek further advice where required.

9. Roles and Responsibilities

The Manager and Deputy have overall responsibility for ensuring this policy is implemented. The staff are responsible for following safe sleep procedures, completing sleep checks and reporting any concerns promptly if needed. All staff working with children who sleep or rest in school must understand and follow this policy. All incidents/concerns should be recorded.

10. Training and Awareness

Staff will be made aware of this policy and the preschool's safe sleep expectations. Where required, staff will be signposted to relevant safer sleep guidance and training to support consistent practice.

11 Review

This policy will be reviewed annually, or sooner if there are changes to statutory requirements, national guidance, school procedures, or the needs of children in the setting.

Review September 2027