Cinnamon Brow C of E Primary School

Safer sleep Policy

Implemented	
Agreed by Governors	
Due for Review	

(Whole school including volunteers)

1. POLICY STATEMENT

At Cinnamon Brow *nurseries,* we recognise the critical role of sleep-in supporting children's **emotional well-being**, **cognitive development**, and **physical growth**. Quality rest is essential to children's overall health and development.
We are committed to creating a **safe, nurturing, and responsive sleep environment**, in partnership with parents and carers, and in line with guidance from:

- The Lullaby Trust
- NHS Safer Sleep Advice
- EYFS Statutory Framework (Revised September 2025)
- Local safeguarding procedures

The safety of every child is paramount during sleep and rest periods.

2. SAFE SLEEP PRACTICE

To reduce the risk of **sudden infant death syndrome (SIDS)** and other sleep-related risks, we adhere to the following evidence-based practices recommended by The Lullaby Trus/NHS safer sleep guidance:

BEFORE SLEEP/REST:

Staff ensure that:

- The child has had a **fresh nappy or has been to the toilet** and is clean and comfortable.
- Outer clothing (thick coats, cardigans, hoods, etc.) is **removed** to avoid overheating.
- The child has had a **drink or been fed**, as appropriate.
- **Hoods** are removed prior to sleep.
- The **room temperature** is appropriate (ideally 16–20°C), with thermometers used to monitor this.
- The room is well ventilated with good air flow.
- They are soothed to sleep. A member of staff may stroke or very gently pat children.
- A separate area is made quiet, perhaps with soft music playing and curtains drawn.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.

DURING SLEEP:

- Children are provided with **individual, clean bedding.**
- Babies are always placed **on their back** to sleep (any child/baby who only sleeps on their front will be supervised thoroughly and when in a deep sleep will be gently turned on to their back for a safer sleep position in line with the latest government safety guidance.
- **Sleep mats** are used for children to sleep on.
- **Comforters**, such as dummies or soft toys, may be used if agreed with parents to help settle children to sleep.
- Children are **not left to cry alone**—staff respond promptly to soothe and comfort.
- Children are **regularly monitored and checked visually** every 5 to 10 minutes, or more frequently if needed.
- Staff ensure **no blankets, muslins, or items** cover a child's face or head at any time.
- Monitoring includes checking for normal breathing, colour, position, temperature and overall well-being.

3. PARENTAL PREFERENCES & SLEEP RESTRICTIONS

We value working in partnership with parents and will always discuss sleep routines during **settling-in sessions** and ongoing key-person meetings.

- If parents **request no sleep**, we will **distract and gently discourage** the child from sleeping but will never **physically prevent sleep** (e.g., by waking or keeping the child upright).
- If a child **falls asleep despite efforts**, we will allow a **minimum of 45 minutes rest**, supporting the child's natural rhythm.
- Children who do not wish to sleep will never be forced to. Instead, they will be offered **quiet and calm activities** during rest time.

4. WAKING CHILDREN GENTLY

If parents request a **maximum sleep time**, we will attempt to wake the child **gradually and respectfully**:

- **Lights may be gently brightened**.
- **Blankets may be lightly removed**.
- Soft verbal prompts or the child's name may be used.
- Children are **never physically woken by lifting or shaking**.
- Sleep is documented on iConnect for parents to see.

We aim to allow children to **wake up naturally**, where possible, to prevent distress and ensure emotional security.

5. ADDITIONAL SAFEGUARDING MEASURES

- Staff are trained in **safe sleep practice** during induction and updated as part of regular safeguarding and health & safety training.
- Sleep areas are regularly cleaned and inspected for hazards.
- All sleep equipment is **BS EN compliant** (British Standards) and in good condition.
- A **Designated Safeguarding Lead (DSL)** is notified of any incidents, injuries, or concerns during sleep.

6. MONITORING AND REVIEW

This policy is reviewed annually, or sooner if:

- There is a **change in national guidance**.
- A serious sleep-related incident occurs.
- Parent/staff feedback indicates the need for review.