



**One Excellence**  
Multi Academy Trust

# Safer Sleep Policy

## Our Mission

“Together we work as one family to ensure excellence for all.”

## Our Vision

To be an ambitious, inclusive, collaborative family of schools, ensuring fullness of life and excellence in education, whilst celebrating individuality.

Policy Reviewed and Adopted by Board of Directors:	Autumn Term 2025
Date of Next Review:	Autumn Term 2029
Responsible Officer:	Lindsey Vollans

## 1. Policy Statement

At One Excellence Trust, we are committed to providing a safe and secure environment for all children in our EYFS provision, including our 2-year-old settings. This involves following best practice guidance from The Lullaby Trust to reduce the risk of sudden infant death syndrome (SIDS) and ensures safe sleep practices are embedded throughout our early years' settings.

## 2. Aims

- To ensure that all babies and young children sleep in a safe, comfortable, and supervised environment.
- To ensure all staff are trained, confident, and consistent in applying safe sleep practices.
- To provide support and information to parents/carers regarding safe sleep at home and in the setting.

## 3. Key Principles of Safe Sleep (Lullaby Trust Guidelines)

We follow the **ABCs of safer sleep**:

- A – Always sleep babies and young children on their back
- B – Keep sleep spaces clear
- C – Use a firm, flat mattress in a cot or appropriate sleep space. In our school settings this will be a firm, flat and waterproof sleep mat

Additional key points:

- Room temperature should be kept between 16–20°C
- Babies and young children should not be overdressed – avoid hats indoors and use appropriate layers
- No loose bedding, toys, pillows, or bumpers in the sleep area
- Feet-to-foot position when using blankets. The "feet to foot" position means that their feet are touching the end of the mattress/mat
- Babies/Children are checked frequently during sleep (every 10 minutes)
- We maintain a strictly smoke and vape-free environment

## 4. Procedures in Practice

### 4.1 Sleep Environment

- Each baby/ young child will sleep in a designated, sleep mat suitable for their developmental stage.
- Sleep mats must have a firm, flat mattress with a waterproof cover.
- All sleep areas will be kept clear: no soft toys, bumpers, pillows, sleep positioners, or duvets.
- All bedding is lightweight and breathable. Sleep bags are preferred over blankets and can be provided by parents if desired. School settings will provide breathable blankets.

### 4.2 Sleep Position

- All children are placed on their back for sleep, unless a medical plan states otherwise. A full comprehensive risk assessment and care plan with medical evidence and created in consultation with parents and medical professionals would be required for this.
- Where blankets are used, the feet-to-foot technique is followed.
- Babies or children must never be placed on their sides or tummies.

### **4.3 Monitoring & Supervision**

- Sleeping children are checked every 10 minutes, recorded on sleep check sheets. Record sheet is attached to this policy and should be kept in a sleeping file in each setting and monitored by room lead/teacher.
- Visual checks include:
  - Chest rising and falling
  - Colour of skin and breathing
  - Sleep position and environment
- Rooms are kept calm and dimly lit during rest periods.

### **4.4 Room Temperature**

- Room temperature is monitored and recorded during sleep times.
- Appropriate clothing, blankets and sleeping bags are used depending on season and temperature.
- Staff will ensure that hats and coats/outdoor clothing is removed before sleep.

### **4.5 Parental Involvement**

- Parents are informed about our safe sleep policy during home visits/induction.
- We provide information leaflets or signposting to The Lullaby Trust website.
- Individual routines will be respected, but safe sleep practices are non-negotiable for safety reasons. This includes declining requests for babies to sleep in a pod or buggy whilst in the setting.

### **5. Staff Training & Responsibility**

- All staff are trained in safe sleep practices during induction and receive annual refreshers.
- Staff are expected to be vigilant and report any concerns immediately.
- The Head Teacher/Designated Safeguarding Lead (DSL) will oversee policy compliance.

### **6. Smoking & Health Practices**

- We maintain a strict no-smoking/ vaping policy in all settings.
- Staff or visitors who smoke/vape must not handle babies until they have changed clothing and washed hands.

### **7. Risk Assessment**

- Any child with medical needs (e.g. reflux, epilepsy) will have an individual sleep care plan created in consultation with parents and medical professionals.

### **8. Review & Monitoring**

- This policy is reviewed annually or sooner if Lullaby Trust guidance changes.
- Sleep records and environment checks are monitored by the Lead EYFS practitioner or teacher within the setting and the Head Teacher/DSL
- Any incidents or near misses will be recorded, investigated, and reviewed as part of our safeguarding procedures.

## **9. Policy Links**

This policy works alongside:

- The Early Years foundation stage statutory framework for group and school-based providers Setting the standards for learning; development and care for children from birth to five
- Safeguarding and Child Protection Policy
- Health & Safety Policy

## **10. Useful Resources**

- The Lullaby Trust
- Safe Sleep Leaflets