

Abacus Pre-School Nursery Ltd., c/o The Dassetts C of E Primary School, Memorial Road, Fenny Compton, Southam, Warwickshire. CV47 2XU. Tel: 01295 771050

Limited Company Number: 07276939. Registered Charity Number: 1141234

Policy for a child sleeping.

This sleep policy outlines our commitment to ensuring health, safety and wellbeing of all children during a sleep time. We adhere to the statutory requirements of the EYFS 2025 framework, NHS sleep guidance and the Lullaby Trust recommendations.

Policy Aims

- To safeguard children by implementing evidence-based safe sleep practices.
- To ensure sleep environments are safe, hygienic, and conducive to rest.
- To train staff in safe sleep supervision and emergency response.
- To monitor and review sleep practices regularly to maintain high standards of care.

The safety of babies' and young children sleeping is paramount

Our policy at Abacus Pre School Nursery, follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. This is in line with the latest government safety guidance:

<https://www.nhs.uk/conditions/sudden-infantdeathsyndrome>

And the NHS advice on safety of sleeping children.

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-riskofside>

At Abacus we do not have a set sleep time for the children. We do not have a designated area for a sleep time.

If a child falls asleep whilst in our care, it may be because they are unwell or just tired. We will notify a parent/carer that the child has fallen asleep and ask what they would like us to do. If they are happy for them to have a short sleep, maybe until they come to pick them up if they are unwell or if agreed for them to just have a short sleep if needed. We will put the child in our quiet area on a sleep mattress with a sheet on, they will be laid down, face up, and in view of a staff member at all times. We will record every 5 minutes that they are ok, check breathing pattern, check temperature, not too hot, still face up, and in view at all times. This will be recorded on our "Sleep record" sheet.

Every practitioner takes ownership of their role in ensuring a safe sleep environment if a child has a sleep. Staff are aware of the guidelines and safety guidance: NHS advice on safety of sleeping children and Lullaby trust safe sleep guidance for Early years settings.

All staff are aware of our procedure for a sleeping child, they are aware of the guidance set out above and the advice set out by the named guidelines also named above. Staff know how to fill in a Sleeping child record and how to monitor the child whilst asleep.

All staff are first aid trained.

A safe sleep environment includes:

A sleep mat, a fitted sheet, washed after use.

Mattress cleaned with anti bac after use.

Area checked for hazards.

If a cellular blanket is used it will be secured (tucked in below shoulder level) to promote safe sleep.

Room well-ventilated to ensure air circulation, not too hot or cold.

Communication with family:

If a child falls asleep the family will be contacted and asked what they would like us to do, let them sleep maybe until they are collected, let them have a short sleep (time agreed with family), this will all be recorded and shared with the family.

This Policy will be reviewed annually.

Signed-

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Position - Chair of Trustees

Date -