The Federation of Bloomsbury Nursery School and Goodway Nursery School

Issue Date 1st September 2026

Review Date: August 2027 or when new legislation requires changes.

At Bloomsbury Nursery School and Goodway Nursery School, we recognise that sleep and rest are essential for children's physical health, emotional wellbeing, brain development and learning. We are committed to providing a safe, secure and nurturing sleep environment that supports children's individual needs while following recognised safer sleep guidance.

The safety and welfare of sleeping children is paramount. Our practice reflects guidance from The Lullaby Trust, the NHS, the Department for Education Early Years Foundation Stage (EYFS) Statutory Framework and Ofsted safeguarding requirements. Children are always placed down to sleep safely in line with current government guidance.

This policy is approved by the Governing Body of the Federation of Bloomsbury Nursery School and Goodway Nursery School.

Date approved: 01/09/2026
Headteacher Sally Davies

Date approved: 14/10/2026
Chair of Governors/equivalent Tamarah march

Date approved: 14/10/2026
Safeguarding Link Governor Tamarah March

Welfare Requirements

Sleeping children must be frequently checked to ensure that they are safe. Safe sleeping arrangements include ensuring that cots, sleep mats and bedding are suitable for the age and developmental stage of the child, maintained in good condition and used in accordance with current safer sleep guidance

Partnership with Parents and Carers

The preferences and wishes of parents and carers are respected and staff work closely with families to support children's individual sleep needs.

On admission, parents and carers will discuss their child's usual sleep routine, comfort needs and any health considerations with their child's Key Person. This information will be reviewed regularly.

Children will never be forced to sleep or kept awake against their wishes.

Staff will discuss any changes in sleep routines with parents and carers and share observations regarding sleep patterns, behaviour and wellbeing.

Where parental requests differ from recognised safer sleep guidance, the nursery will always prioritise the child's safety while in our care. Any variation from standard safer sleep practice must be supported by written medical advice and recorded within the child's individual sleep plan.

Individual Sleep Plans

Children who regularly sleep at nursery, have SEND, medical needs, and developmental differences or identified vulnerabilities will have an individual sleep plan.

Sleep plans will include:

- Usual sleep routines
- Preferred settling methods
- Comfort needs
- Usual sleeping position
- Medical information
- Developmental considerations
- SEND requirements
- Any agreed reasonable adjustments
- Arrangements for additional monitoring where require

Sleep plans will be reviewed regularly with parents and carers and updated whenever circumstances change.

A documented safer sleep risk assessment will be completed for any child who:

- Was born prematurely.
- Has a medical condition affecting breathing, sleep or development.
- Has SEND needs requiring reasonable adjustments.
- Requires sleeping arrangements that differ from standard safer sleep practice.

Risk assessments will be reviewed regularly and whenever circumstances change.

Quiet Areas

Children require opportunities for rest throughout the day. As children grow and develop, their sleep needs change and staff work flexibly to meet individual requirements.

Designated quiet areas within nursery provide a comfortable space where children can rest, relax or participate in calm activities.

Children are encouraged to recognise when they feel tired and to communicate their need for rest.

Staff remain responsive to children's individual needs and will support healthy sleep habits while respecting family routines.

Preparing for Sleep

Before a child is settled to sleep, staff will ensure that:

- The child is comfortable and appropriately dressed.
- Outdoor clothing has been removed.
- Hooded clothing, thick jumpers and excess layers have been removed.
- The child's nappy or toileting needs have been attended to where appropriate.
- The child has had the opportunity for a drink if required.
- The child is not too hot or too cold.
- The sleep area has been checked and prepared.

Children are supported to settle through calm and familiar routines, including stories, songs or quiet reassurance.

If a child has not settled after a reasonable period, staff will assess whether an alternative approach may be more appropriate.

Safe Sleep Practice

We ensure that:

- Children are always placed on their backs at the start of every sleep.
- If a child rolls independently from back to front and front to back, they may remain in the position they have adopted themselves after initially being placed on their back. Children sleep in their own separate sleep space.
- Children do not share cots, beds or sleep mats.
- Sleep mats are positioned with adequate space between them.
- Children's heads remain uncovered at all times.
- No pillows, duvets, cot bumpers, wedges, straps, loose bedding or large soft toys are placed within the sleep space.
- Comfort blankets and soft toys may be used to help settle a child but will be removed where appropriate once the child is asleep.

- Children are never put to sleep with a bottle to self-feed.
- Children are never routinely allowed to sleep in car seats, pushchairs, bouncers, beanbags or highchairs. If a child falls asleep in such equipment they will be moved to a suitable sleep space as soon as it is safe and practical to do so.
- Children are supervised at all times while sleeping.
- Babies under six months of age will sleep in a room where an adult is present throughout the sleep period.
- Sleeping children are always within sight and hearing of staff. Staff must be able to observe and respond immediately to any signs of distress, illness or changes in breathing.

Safe Sleep Environment

We provide a safe sleeping environment by:

- Maintaining room temperatures at a comfortable level, approximately 16°C-20°C for babies.
- Monitoring room temperatures using thermometers.
- Ensuring rooms are well ventilated.
- Using approved cots and sleep mats that comply with relevant British Safety Standards.
- Providing firm, flat, waterproof mattresses.
- Using clean fitted sheets and bedding for each child.
- Ensuring children are appropriately dressed for sleep and not at risk of overheating.
- Positioning cots and sleep mats away from radiators, direct sunlight and heat sources.
- Keeping sleep areas clear of blind cords, drawstrings and hanging objects.
- Ensuring sleep spaces are free from hazards.
- Carrying out routine checks and risk assessments of sleep equipment.
- Maintaining a completely smoke-free environment including staff clothing and surrounding areas.

Sleep Monitoring

Children are visually monitored throughout their sleep.

Sleep checks are completed and recorded frequently and at intervals determined by the child's age, needs and risk assessment. As a minimum, routine checks will be completed at least every 10 minutes, with more frequent checks undertaken for babies, younger children and those identified as vulnerable.

Sleep checks include:

- Observing the rise and fall of the chest.
- Checking breathing.
- Checking skin colour.
- Checking body temperature.

- Ensuring the child's airway is unobstructed.
- Checking that bedding remains secure and safe.
- Monitoring sleeping position.
- Confirming the child remains comfortable and well.

All checks are recorded on the nursery sleep monitoring chart and signed by the member of staff completing the check.

Unexpected Sleep

If a child falls asleep unexpectedly:

- Staff will assess the child's wellbeing.
- The child will be transferred to the designated sleep space whenever it is safe to do so.
- Safe sleep procedures will be followed.
- Sleep monitoring records will be completed.
- Parents and carers will be informed where appropriate, particularly where the child would not normally be expected to sleep.

Any concerns regarding breathing, colour, temperature, responsiveness or health will be reported immediately to the Designated Safeguarding Lead and managed in accordance with nursery safeguarding procedures.

Preschool Children

Preschool children may occasionally require sleep due to changes in home routines, illness, SEND needs, developmental changes or emotional wellbeing.

During initial parent consultations, Key Persons will discuss normal sleep patterns and any relevant information.

Where a preschool child falls asleep unexpectedly, safe sleep procedures and monitoring arrangements outlined within this policy will be followed.

Parents and carers may be contacted where staff identify concerns regarding unusual sleep patterns or changes in wellbeing.

Staff Responsibilities and Training

All staff receive safer sleep training and are required to keep their knowledge and practice up to date.

Staff must:

- Follow this policy at all times.
- Understand current safer sleep guidance.

- Complete sleep monitoring records accurately.
- Follow individual sleep plans.
- Report concerns immediately.
- Participate in refresher training as required.
- Act in accordance with safeguarding procedures where concerns arise.
- All staff must read and understand current NHS guidance relating to Sudden Infant Death Syndrome (SIDS), safer sleep recommendations and The Lullaby Trust guidance
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- **Staff Safer Sleep Checklist**
- ☐ Child placed on back to sleep
- ☐ Own separate sleep space provided
- ☐ Sleep area clear of hazards
- ☐ No pillows, duvets or loose items
- ☐ Hooded or heavy clothing removed
- ☐ Room temperature checked
- ☐ Child appropriately dressed
- ☐ Sleep plan followed
- ☐ Child monitored visually
- ☐ Sleep check completed and recorded
- ☐ Staff within sight or hearing
- ☐ Any concerns reported

References

- The Lullaby Trust Safer Sleep Guidance: https://www.lullabytrust.org.uk
- NHS Safer Sleep Advice: https://www.nhs.uk
- Department for Education Early Years Foundation Stage Statutory Framework
- Ofsted Safeguarding and Welfare Requirements

Appendix 1

Sleep Log																		
Date:																		
Name	Time Fell Asleep	Staff	Time	Staff	Time	Staff	Time	Staff	Time	Staff	Time	Staff	Time	Staff	Time	Staff	Time	Staff
Check every 10 minutes (sign & put time in box)																		
• Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath																		
• Ensuring that each child is well																		
• Ensuring that each child is not too hot or too cold																		
• Ensuring that all sheets or blankets are not wrapped around the child																		