Safer Sleep Policy

October 2026
To be renewed October 2029

Safer Sleep Policy

At Christ Church Cathedral School we aim to ensure that all EYFS children, notably the ones in the Nursery, have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Legislation and Statutory Responsibilities
This policy is guided by the following statutory requirements and frameworks:
Statutory Framework for the Early Years Foundation Stage (EYFS) for group and school-based providers, effective September 2025, and the strengthened safer sleep requirements effective from 1 September 2026
Department for Education: Safer sleep - Help for early years providers
NHS guidance on reducing the risk of sudden infant death syndrome (SIDS)
The Health and Safety at Work etc. Act 1974
The Children Act 2004
The Equality Act 2010
Ofsted early years inspection toolkit and guidance
Local Safeguarding Children Partnership procedures

The EYFS requires sleeping children to be checked frequently to ensure they are safe. The nursery's ten-minute physical checks are a minimum internal control and do not replace continuous supervision, professional judgement or immediate action where concerns arise.

The Head of Nursery is responsible for implementing, monitoring and reviewing this policy and ensuring that the daily sleep arrangements are adequately staffed and risk assessed.

Staff Training
All EYFS staff receive safer sleep training during induction and refresher training at least annually or whenever guidance changes. (1) (2) Leaders observe practice and address any unsafe practice immediately.

Sleeping environment
We provide a safe sleeping environment for all children by:

- Ensuring every child has their own separate sleep space
- Only using suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm flat surface such as a mattress on the floor.
- Using a firm, flat waterproof mattress, a clean fitted sheet and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering

- Ensuring every child is provided with clean bedding.
- Ensuring children are appropriately dressed for sleep to avoid overheating.
- Ensuring children's heads are not covered.
- Ensuring no extra items such as toys, pillows are used.
- We follow The Lullaby Trust advice regarding the safe use of dummies while sleeping.
- All spaces around beds clear from hanging objects.
- We monitor the sleep room temperature ensuring it remains between 16-20C.
- Children requiring sleep are always within sight and hearing of staff when sleeping, and they are checked every 10 minutes. We use a visual sleep monitor to support staff in maintaining eyes on sleeping children. The monitors do not record or store images or sound. Sleep monitors are an additional safeguarding measure only. They do not replace direct staff supervision, physical checks or the requirement to respond immediately to any concern.

Partnership with Parents

- Parents and carers are asked for information about their child's usual sleep pattern, settling routine, comfort needs, health and any recent changes during their induction to the Nursery.
- We work closely with parents with children who require a sleep, explaining how we manage sleep in the afternoon session by offering a 'sleep window' for sleeping children.
- Parents are informed daily of the time their child went to sleep, the time they woke, the duration of sleep and any significant observations.
- Staff explain that the nursery must follow safer sleep guidance even where home routines differ. Safe sleep requirements cannot be waived by parental request.
- Children who do not sleep are not forced to sleep or kept awake against their needs.

Further considerations

- Bedding is allocated to an individual child during use, stored hygienically and laundered each week or sooner if soiled. Sleep mats are cleaned after each use.
- We will transfer any child who falls asleep sitting with a practitioner to a safe sleeping mattress to complete their rest
- In the event that any child who falls asleep in a buggy, pushchair or pram on the way to school, or in a minibus on the way back from a school visit, will be transferred to a safe sleeping surface to complete their rest on their return to School; coats, hats, extra clothing and blankets will be removed as soon as they are inside, even if this means waking them.

Monitoring and Review

The Head of Nursery will review sleep records, monitor compliance with ten-minute checks and carry out periodic observations of sleep practice

This policy will be reviewed annually, or sooner if a concern is highlighted during monitoring, or if the EYFS, Department for Education, NHS, or Ofsted guidance changes mid-year.