



8.1a Safe Sleep

Policy statement

We believe that the health and safety of children is of paramount importance. We make sure children are safe, comfortable, and secure when asleep. We promote healthy and safe practices in helping children if they need to sleep/rest.

We do not offer daily nap times for the children in our care, children attend from the age of 2 years old and start with shorter sessions if they still nap at home. If a child falls asleep while in our care, we minimise all the risks and hazards to ensure they sleep safely. At all times the child's safety, dignity and wellbeing is promoted.

Principles

- Supporting children's sleep is the responsibility of all DBS checked staff and approved staff
- Children's individual needs are identified and met
- Communication between us as a setting and the family is promoted
- Care during sleep times is of upmost importance and no child is left unattended

Procedures

- Children are moved (if necessary) to a flat surface when sleeping.
- Children are sleeping on their backs
- Staff always monitor the sleep period, and no child is left alone.
- Hooded tops are removed.
- Room temperature is monitored

- We use a clean, wipe down mattress for the child
- We ensure they are in a calm area of the classroom
- Any jewellery/ pasta necklaces etc are removed
- Staff will approach resting children quietly and calmly

Unwell children

Children who are unwell will be given the highest supervision priority and monitored constantly. The Pre-School will phone contact number 1 to request that the child be collected as soon as possible. The child's temperature will be taken regularly to avoid over-heating.

This policy was adopted by
(name of provider)

On

MAY 2024

(date)

Date to be reviewed

MAY 2025

(date)

Signed on behalf of the provider

Name of signatory

Role of signatory (e.g. chair, director or owner)
