# 1.34 Safer Sleep Policy

# (non routine sleep)

**Policy statement**

At St Christopher's Playgroup we do not operate scheduled or routine sleep times but we recognise that children aged 2-4 years may occasionally fall asleep spontaneously due to illness, fatigue or periods of growth. In accordance with the Early Years Foundation Stage (statutory framework EYFS) the DfE and The Lullaby Trust guidelines, we are committed to ensuring that any child who falls asleep in our care is provided with a safe environment that minimises all risks.

**Procedures**

1. **Procedure for Spontaneous or Unexpected Sleep**

- Immediate relocation - staff must immediately move the child away from active play areas to a designated safe sleep zone - a quieter part of the hall.
- Children must never be allowed to sleep on soft sofas, cushions, beanbags, or directly on the carpet where they could be bumped or experience restricted airways.
- Children must never be allowed to sleep in a buggy, car seat or bouncer. If they fall asleep in an unapproved seat they must be gently transferred to a flat surface immediately.
- Children over 2 years old do not need to be placed on their back but they must have an appropriate, clear sleep space where their airways are completely unobstructed.

2. **Safe Sleep Environment**

- Sleeping children will be placed on a clean, firm, flat waterproof mattress or an approved early years sleep mattress
- A single lightweight tightly fitted sheet may be used. This must be tucked in "feet to foot" below shoulder height. Large loose blankets, duvets, pillows and soft toys must be kept out of the sleeping area to prevent overheating and suffocation risks.

- Any headwear or outdoor coats must be removed.
- The room temperature where a child sleeps must be monitored and maintained between 16*C and 20*C. A wall thermometer must be visible in the sleep area.

**3. Supervision and Monitoring Protocol**

(sleeping children must never be left entirely unmonitored)

- Children must be kept within sight and hearing of staff at all times
- Physical checks - a designated member of staff must visually check the sleeping child at least every 10 minutes. Staff must physically look for the rise and fall of the chest, check skin colour/temperature and ensure that the facial area remains unobstructed.
- Sleep log - Every check must be recorded on the sleep log, detailing the time of the check, the child's status and the initials of the staff member.
- Ratios - Staff to child ratios must be maintained at all times within the room, ensuring monitoring a sleeping child does not compromise the safety of active children.

**4. Partnership with Parents**

- Parents will be informed at the end of the session if their child fell asleep, including the duration of the sleep.
- If a child regularly falls asleep unexpectedly, staff will consult with parents to discuss their wellbeing, routines and any underlying health factors.

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| This policy was adopted at a meeting of | St Christopher's Playgroup | name of setting |
| Held on | October 2026 | (date) |
| Date to be reviewed | October 2027 | (date) |
| Signed on behalf of the management committee | KJCookes | |
| Name of signatory | Karen Cookes | |
| Role of signatory (e.g. chair) | Manager | |