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# Safer Sleep Practice Policy



# Document and Version Control

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Section	Changes Made

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# Safer Sleep Practice Policy

This policy has been equality impact assessed, and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality across Our Pride Our Joy, in line with The Fierté Multi-Academy Trust.

## Our aim

In Our Pride Our Joy Nurseries we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms, in a safe environment. Our policy follows the advice provided by The Lullaby Trust and Staffordshire Safeguarding Children's Partnership to minimise any risks.

Although we appreciate that some younger children may need to sleep, we are also mindful that older children do not usually need to.

We recognise parents' knowledge of their child with regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will.

When parents request for their child to have a sleep, they will be offered a sleep mat and blanket after lunch with staff remaining near them whilst they fall asleep. If after 15 minutes they have not fallen asleep, they will be allowed to get up and continue with their play.

If a child falls asleep later in the day, and parents have requested they are not to sleep after a particular time, staff will allow the child to sleep for a period of up to 30 mins before trying to gently wake them.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

## We make sure that

- ✓ At least one member of staff in the nursery has completed the Safer Sleep Awareness training found on the Staffordshire Safeguarding Children's Partnership [eLearning Courses : Staffordshire SCP](#)
- ✓ Children sleep on rest mats only, in an area which is made safe, perhaps with soft music playing or blinds drawn.
- ✓ All spaces around mats are kept clear from hanging objects i.e., drawstring bags.
- ✓ Nappies are changed and heavier clothing removed prior to sleep.
- ✓ Hair accessories that may come lose or detached are removed before sleep time
- ✓ Children are settled by a practitioner and left to sleep
- ✓ If children fall asleep whilst playing it may be necessary to move them to a safer more comfortable space where a sleep mat can be used.
- ✓ Sleeping children are regularly checked at least every ten minutes and are always within sight and hearing of staff.
- ✓ Regular checks every ten minutes are recorded on the sheet which can be found below

- ✓ Sleep mats are wiped clean after every use with an anti-bacterial spray and allowed to dry before storing away
- ✓ Specific blankets are allocated to a child for the duration of a week
- ✓ Blankets are washed weekly

## Further guidance

[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

[Baby safer sleep advice - Best Start in Life - NHS](#)

<https://www.charlieskids.org/>

<https://www.publichealth>

