



Super Stars Preschool

Safer Sleeping Policy

Policy statement: Super Stars Preschool is committed to providing a safe, caring and closely supervised sleeping environment for all babies and young children. This policy reflects current safer sleep expectations for early years settings, including guidance from the Department for Education and The Lullaby Trust.

1. Purpose

The purpose of this policy is to reduce the risk of sudden infant death syndrome, sudden unexpected death in childhood, suffocation, overheating and other sleep-related hazards by ensuring that all children are placed down to sleep safely and checked frequently while asleep.

2. Scope

This policy applies to all staff, students, volunteers, agency workers and visitors who are involved in caring for children at Super Stars Preschool. It applies whenever a child sleeps or rests while in our care, including planned nap times and occasions when a child falls asleep unexpectedly.

3. Responsibilities

- The manager is responsible for ensuring this policy is implemented, monitored and reviewed.
- The designated room leader is responsible for ensuring sleep checks are completed and recorded.
- All staff are responsible for following safer sleep procedures, reporting concerns immediately and never placing a child to sleep in an unsafe position or environment.
- Parents and carers are expected to share relevant information about their child's sleep routines, health, medication and any medical advice that may affect sleeping arrangements.

4. Safer Sleep Environment

- Children will be placed to sleep in a clean, calm, well-ventilated and supervised sleep area.
- Children under two will be placed on their back in their own separate sleep space on a clear, firm, flat surface.
- Babies aged 12 months and under will only be placed to sleep in a cot, such as a cot, carrycot, Moses basket or travel cot where appropriate.
- Sleep spaces will contain only a firm, flat, waterproof mattress and suitable lightweight bedding, or a well-fitted baby sleep bag used in line with manufacturer guidance.
- Cots and sleep spaces must not contain pillows, toys, loose blankets, cot bumpers, wedges, straps, pods, nests or other soft items.
- Children's heads must not be covered during sleep.
- The recommended room temperature for babies is 16°C to 20°C. Staff will monitor the room temperature and children's comfort to help prevent overheating or becoming too cold.

5. Sleep Position and Bedding

- Children will be placed down to sleep on their back unless there is written medical advice stating otherwise.
- If blankets are used, the child will be placed feet-to-foot at the bottom of the cot or sleep space, with bedding tucked in securely and no higher than the shoulders.
- If a child can roll independently, staff will place the child on their back initially and continue regular checks without repeatedly repositioning the child unless there is a safety concern.
- Staff will ensure clothing and bedding are suitable for the temperature and will remove hats, hoods, bulky outerwear or excessive layers before sleep.

6. Supervision and Monitoring

- Sleeping children will be checked frequently by a member of staff.
- Sleep checks will include observing the child's breathing, colour, position, temperature and general comfort.
- Checks will be recorded on a sleep log, including the child's name, time placed down, position, checks completed, time woken and staff initials.
- Babies under six months will have an adult in the same room for every sleep.
- Any concerns about a child's breathing, colour, temperature, responsiveness or general wellbeing will be acted on immediately.

7. Children Who Fall Asleep Unexpectedly

If a child falls asleep in a pushchair, car seat, bouncer, sofa, chair or any other place that is not a safe sleep space, staff will move the child as soon as it is safe and practical to do so. Children will not be left to sleep unsupervised in equipment that is not designed as a safe sleep space.

8. Comforters, Dummies and Individual Needs

- Parents and carers may provide information about familiar sleep routines to support settling.
- Dummies may be used where this forms part of the child's normal routine, provided they are safe, clean and not attached to cords, clips or loose fabric during sleep.
- Comforters will be risk assessed and removed from the sleep space if they create a suffocation, strangulation or overheating risk.
- Any request that differs from safer sleep guidance must be supported by written medical advice and an individual risk assessment agreed by the manager and parents or carers.

9. Partnership with Parents and Carers

Super Stars Preschool will discuss safer sleep arrangements with parents and carers during settling-in and whenever there are changes to a child's health, development or sleep routine. Parents and carers will be informed of their child's sleep times and any concerns noted during the day.

10. Staff Training and Compliance

- All new staff will complete safer sleep training as part of their induction before they are permitted to supervise sleeping children independently.

- Training will cover safe sleep positions, safe sleep spaces, suitable bedding, risks linked to overheating, unsafe equipment, loose items, smoking exposure, illness, medication, emergency response and accurate sleep recording.
- Staff will be shown how to carry out and record sleep checks, including checking breathing, colour, temperature, position and general wellbeing without disturbing the child unnecessarily.
- All staff will receive refresher training at least annually and sooner if safer sleep guidance changes, a concern is identified, or an incident occurs.
- Managers will keep a record of staff safer sleep training, including dates completed, refresher dates, and any additional coaching or supervision provided.
- Managers or room leaders will carry out periodic competency checks by observing staff practice during sleep routines and reviewing sleep records.
- Students, volunteers, agency workers and new staff will be supervised until the manager or room leader is satisfied that they understand and follow this policy.
- Any staff member who does not follow safer sleep procedures will receive immediate guidance and, where necessary, further training, supervision or action under Super Stars Preschool procedures.

11. Emergency Procedures

If a child is found to be unresponsive, not breathing normally, unusually pale, blue, floppy, excessively hot or cold, or otherwise seriously unwell, staff will follow Super Stars Preschool's emergency procedures immediately. This includes calling emergency services, beginning first aid or CPR where trained and appropriate, informing the manager, contacting parents or carers, and recording the incident in line with safeguarding and accident reporting procedures.

12. Record Keeping

Sleep records will be completed accurately and stored in line with Super Stars Preschool's record keeping and confidentiality procedures. Records may be reviewed by management as part of safeguarding, quality assurance and policy monitoring.

13. Review

This policy will be reviewed annually, or earlier if there are changes to legislation, statutory guidance, safer sleep advice, nursery procedures or following any incident or concern relating to sleep practice.

Reviewed 09/2026