



St Paul's Catholic Primary School

'Together in Faith Working as One'

'We Shine!'

Early Years Safe Sleeping Policy

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Compliance with DfE & Early Years Foundation Stage (EYFS) Statutory Guidance

Setting Name: St Paul's Catholic Primary School	Effective Date: September 2026
Target Audience: EYFS Staff, Volunteers & Parents	Review Frequency: Annual

1. Policy Statement & Purpose

St Paul's Catholic Primary School is committed to providing a safe, secure, and supportive environment for all children in our care. This policy outlines our mandatory procedures for child sleep and rest, ensuring strict compliance with the Department for Education (DfE) updated Early Years Foundation Stage (EYFS) Statutory Framework and safer sleep guidance developed with The Lullaby Trust.

The primary purpose of this policy is to promote safer sleep environments, significantly reducing the risks associated with Sudden Infant Death Syndrome (SIDS) in babies under 12 months and Sudden Unexpected Death in Childhood (SUDC) in older children.

2. Sleeping Positions & Developmental Stages

- Back-to-Sleep:** All children under 2 years of age must be placed down to sleep on their back for every sleep period.
- Independent Rolling:** Once a baby or child demonstrates the physical ability to roll from their back onto their front and back again independently, practitioners will continue to place them on their back to start, but will allow them to find their own comfortable sleeping position thereafter.
- Side/Front Position:** Children must never be placed to sleep on their front or side unless specifically advised in writing by a registered medical professional (supported by an Individual Health Care Plan).
- Sleeping While Sitting:** If a child falls asleep in a high chair, bouncer, or sitting position, practitioners must immediately move them to a flat, firm sleeping surface on their back with an open airway.

3. Approved Sleep Equipment & Surfaces

To ensure every child sleeps on a safe surface that complies with British Safety Standards:

Age Group	Approved Sleep Surfaces	Prohibited Items & Equipment
Babies ≤ 12 Months	- Standard wooden cots - Carrycots or Moses baskets - Approved travel cots (Must feature a firm, flat, waterproof mattress)	- Sleep pods, nests, or coracles - Soft mats, cushions, or beanbags - Cot bumpers, wedges, or positioning straps - Pillows, duvets, or heavy quilts

		• Soft toys or comforters
Children 12–24 Months	• Standard cots or low toddler beds • Approved firm floor sleep mats with individual fitted sheets	• Pillows or heavy duvets • Loose, heavy blankets • Soft, non-breathable surfaces

TRANSITIONING FROM TRANSIT EQUIPMENT: Buggies, pushchairs, and car seats must NEVER be used as a primary sleep space in the setting. If a child under 12 months arrives asleep in a car seat or pushchair, or falls asleep while outdoors/on an outing, practitioners must immediately transfer them to an approved cot. Outdoor wear (hats, coats, pramsuits) must be removed indoors right away, even if this wakes the child.

4. Bedding, Clothing & Temperature Control

1. Bedding Standards:

- Sleep spaces must be kept entirely clear of loose items.
- Where blankets are used, children must be positioned **feet-to-foot** at the bottom of the cot/mattress. Blankets must be lightweight (e.g., cellular) and firmly tucked in below shoulder level to ensure the child's head remains uncovered.
- Well-fitted baby sleep bags that meet current British Standards and manufacturer recommendations for tog rating/age may be used as an alternative.

2. Head Coverings & Bibs:

- Hats, hoods, and bibs (including dummy clips with cords/ribbons) must be removed prior to sleep to avoid strangulation or overheating hazards.

3. Room Environment & Temperature:

- The sleep room/area must be kept well-ventilated and maintained at a temperature between **16°C and 20°C**. A wall thermometer must be monitored continuously.
- Staff must assess child temperature by feeling their chest or the back of their neck (hands and feet are naturally cooler). If the skin feels damp or sweaty, layers must be removed.

5. Supervision & Sleep Checking Requirements

- **Under 6 Months:** An adult practitioner must be present in the room at all times during every sleep period.
- **Over 6 Months:** Children must remain within sight and hearing of practitioners at all times. Audio/video monitors may supplement supervision for children over 6 months, but physical checks remain mandatory.
- **Monitoring Interval:** Sleeping children must be physically checked at least every 10–15 minutes.
- **Visual Verification:** Checks must visually confirm: regular chest movement & clear breathing; uncovered head & clear face; safe body temperature; and correct posture (back position unless self-rolled).
- **Sleep Log:** All checks must be recorded in real time on the Sleep Check Record Log (noting time, practitioner initials, child position, and temperature check).

6. Staff Induction, Training & Emergency Response

- **Induction:** All new EYFS staff, students, and regular volunteers must read and sign this Safe Sleeping Policy as part of their formal induction.
- **Pediatric First Aid (PFA):** At least one qualified Pediatric First Aider must be on duty and immediately accessible in the setting whenever children are sleeping.
- **Emergency Protocol:** If a practitioner observes a sleeping child who is unresponsive or exhibiting abnormal breathing, they will immediately raise the emergency alarm, initiate Pediatric CPR, call 999, and contact parents/carers.

7. Working in Partnership with Parents

Practitioners will discuss each child's sleep routine and preferences with parents during initial transition meetings.

Parents are provided with a copy of this Safe Sleeping Policy upon enrollment.

Setting policies on safer sleep (including back-sleeping and clear cots) apply to all children without exception, regardless of home practices, to ensure safety while under the setting's statutory duty of care.