

St. Joseph's R.C. Primary School



Safer sleep policy

April 2025

Review: September 2027

Policy Review

This policy will be reviewed in full by the Governing Body on an annual basis.

The policy was last reviewed and agreed by the Governing Body April 2025

It is due for review in September 2027

Hayley Francis

Date: April 2025

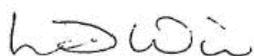
Head Teacher



Lindsay Wise

Date: April 2025

Chair of Governors



We recognise that it is imperative that children get the sleep they need to function to grow their cognitive, physical, and emotional development. It is essential for your child's health and well-being that they have enough quality sleep/ rest time. We have adopted a policy of practice recommended by The Lullaby Trust to minimise the risk of 'Sudden Infant Death Syndrome' (SIDs). All babies and children's safety are paramount, and we work in partnership with parents to ensure this.

Sleep restrictions

Some parents may not want their child(ren) to sleep while they are at nursery and this will be discussed during settling in sessions, between the parents and the child's key person.

We will distract and discourage children not to sleep if the parent has specifically requested that, however we will never physically keep your child from falling asleep. We will allow the children a minimum of 45 minutes sleep. Similarly, if the child does not want to sleep, we will not force them and they will be provided with appropriate activities during the quiet, rest times.

When waking children after their sleep limit (if parents have requested to set one) we shall do so calmly and slowly as to not shock the child. Blankets may be removed and lights may be slightly brightened but children will not be physically woken up by staff (lifting child up etc) Children should be allowed to wake up naturally and in their own time.

Prior to sleep/rest time, staff will ensure the following;

- The baby/child has had a nappy change with a fresh, clean nappy
- Outer clothing is removed (thick cardigans with zips/buttons)
- The baby/child has been fed and had a drink
- Bibs are removed
- The room is the right temperature (not too hot/cold)

- White noise or soft lullaby music is playing, and lights are dimmed where possible

During sleep time, children are;

- Provided with their own, individual clean bedding which is stored in their named bag which is washed weekly
- Placed on their back on a sleep mat or cot (no babies are to be left to sleep in bouncy chairs or car seats at any time) with their feet at the end of the bed
- Given a comforter if applicable
- Not left to cry
- Supported by their key person/ adult to sleep (cuddled, rocked, patted)
- Checked every ten minutes to ensure that no muslins/blankets are covering the child's face, they are breathing normally and their feet are still at the end of the cot/bed.