

Sleeping/safer sleeping policy

Here at the Meadows, we follow the DFE guideline on safer sleep for children. We ensure that we are following the safer sleeping requirements as per the Early Years Foundations Stage Statutory Framework 2026.

Procedures with sleeping:

We will let children to sleep/rest when they are tired and this may not always be at the dedicated sleeping times of the day (especially in the baby room). If a child does fall asleep themselves due to being very tired, we are unable to wake the child until at least 30 minutes after falling asleep. If we are struggling to wake the child due to them still being so tired, we let them sleep a bit longer.

Children will be provided with suitable sleep mats for nap times as well as fresh bedding each week. If a child begins to fall asleep elsewhere, they will be moved onto a sleep mat for their safety. If bedding becomes unclean during the week a fresh set of bedding will be provided. Sleeping Mats will be cleaned with Milton after use.

Children over 12 months are welcome to bring items from home to help comfort them to sleep e.g. teddy, blanket, and soother.

Safer sleeping practices at The Meadows:

- When at The Meadows, children/babies under 2 will always be put to sleep on their backs.
- Children will be checked every 5 minutes when sleeping. Staff will also check they can see the child breathing and check their lips are not turning blue. Staff will log sleep checks on the Family app.
- If a child is not breathing first aid will be carried out by staff member and 999 will be called. Parents/carers will be called as soon as possible in the event we cannot get hold of parents/carers we will ring emergency contacts. In the event an ambulance arrives before parents/carers a staff member will go to the hospital with your child and will stay with your child until a parent/carer or emergency contact arrives at the hospital/nursery.
- Ofsted will be notified and Incident form will be carried out by staff.
- Any children under 12 months or children born prematurely (before 37 weeks) or weighing less than 2.5kg or 5.5lb must be placed to sleep in a cot or travel cot.
- Children who were born prematurely or a low birth weight we will follow Safer sleep advice from a year from their due date rather than when they were born. For example, if a child was born early June however their due date was end of July so I,e was born 7-8 weeks early they would stay in a cot until following July.
- If a child is sleeping in the cots and a blanket is used, the child is to be placed at feet to foot of the cot, and the blankets must be tucked into the mattress. (please refer to picture from the lullabytrust.org.uk).
- Cot's MUST not contain any extra items such as toys, bumpers, pillows, wedges, straps or extra blankets.
- Staff will mark the child as asleep/awake on the Family app as well as completing sleep checks.
- Any jewellery such as bracelets or necklaces will be removed during nap times for their own safety.
- Staff will check that children do not have any blankets/comforters covering the child's face especially their nose and mouth.



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- During nap times, if children's sleep mats are positioned next to each other, staff must arrange them so that the children are lying head-to-toe, ensuring their faces do not face one another.
- All bedding will be washed at the end of each week or at the conclusion of your child's sessions for that week but will be washed sooner if necessary. Every child will receive clean bedding on a weekly basis.
- Staff will ensure that there is no choking or strangulation risks are near the sleeping area.
- Staff will regularly check the room temperature to ensure that the temperature stays between 16-20C when children are sleeping. There is a room thermometer in the baby room which is checked regularly.
- All staff have read and will adhere to the Safer sleeping risk assessment.
- All Staff members have completed Sids and paediatric first aid training or booked on training.

For more information on safer sleeping;

[Keeping a clear cot | The Lullaby Trust](http://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/keeping-a-clear-cot)- /www.lullabytrust.org.uk/baby-safety/safer-sleep-information/keeping-a-clear-cot

[Help for early years providers : Safer sleep](https://providers.education.gov.uk/health-and-wellbeing/safer-sleep) help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep

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