



Axbridge

C of E Nursery

Together We Inspire, Thrive & Excel

Safe Sleeping Procedures Policy

Date of Policy: April 2025

Date of Review: April 2027



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Safe Sleeping Procedures Policy

Age Group: 2 - 4 years

Policy Reviewed: April 2025

Next Review Due: April 2027

Christian Vision

At Axbridge Church of England Academy, our Christian vision of "a life in all its fullness" (John 10:10) underpins all that we do. Rooted in our values of Faith, Hope and Love and lived through our actions, this vision inspires us to nurture every child academically, socially, emotionally, and spiritually. Each policy reflects our commitment to creating a safe, inclusive, and flourishing environment where all members of our community are supported to grow, thrive, and reach their God-given potential.

Policy Statement

At Axbridge C of E Nursery, we are committed to providing a safe, comfortable, and nurturing environment for all children, including during rest and sleep times. This policy outlines our procedures to ensure the safety and wellbeing of children aged 2-4 years during sleep and rest periods in line with the latest health and safety guidance and best practices in early years care.

Aims

- To promote safe sleeping practices for all children in our care.
 - To minimise the risk of Sudden Infant Death Syndrome (SIDS), suffocation, and other sleep-related incidents.
 - To provide an inclusive and calm environment for rest.
 - To respect the individual needs and routines of each child.
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Procedures

1. Sleep Environment

- Children sleep in a designated, supervised quiet area.

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A: Axbridge C of E Academy, Axbridge, Somerset, BS26 2BA

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- Sleep mats or cots (age-appropriate) are used and cleaned after each use.
- There is a clean sheet for each child and this is laundered daily.
- The room is kept well-ventilated and at a comfortable temperature (between 16-20°C).
- The sleep area is dimmed but not dark; children are never left to sleep in total darkness.

2. Sleep Position

- Children are placed on their backs to sleep, unless there is a documented medical reason and written instruction from a parent/carer or healthcare provider.
- Children are never placed on soft surfaces such as beanbags, cushions, or sofas.

3. Monitoring and Supervision

- Staff are always present and actively monitor sleeping children.
- Regular physical checks are made every **10 minutes**.
- Monitors or cameras are not used as a substitute for supervision.

4. Sleep Routines

- Sleep times are flexible and cater to individual needs and parental requests where appropriate.
- Staff discuss and agree upon sleep arrangements with parents/carers during induction and updates are made as needed.
- A calm, quiet transition to sleep is encouraged using soothing activities like reading or gentle music.

5. Dummies and Comforters

- Dummies (if used) are only given to the named child and kept clean and sterilised.
- Comfort items (e.g. a favourite blanket or soft toy) may be brought from home and used during sleep time.

6. Waking Children

- Children are gently woken if:
 - They have slept for a prolonged period beyond their usual routine (in agreement with parents/carers).
 - There is a scheduled activity they need to join or a health concern.
- Children are never abruptly woken unless in an emergency.

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Health and Safety Considerations

- Staff receive training in safe sleep practices as part of their induction and regular safeguarding updates.
- Parents/carers are informed of the nursery's sleep policy and consulted on any changes needed for their child.
- Sleep equipment is regularly inspected for safety and cleaned after use.

Policy Links

This policy should be read in conjunction with:

- Health and Safety Policy
- Safeguarding and Child Protection Policy
- Risk Assessment Procedures

Policy Monitoring and Review

This policy will be reviewed annually or sooner if guidance changes. Sleep logs and practices are reviewed regularly by the Nursery Manager to ensure compliance and safety.

Approved by: Nursery Manager

Date:

Signed: _____

