



Safer Sleeping Arrangements Policy

2026 – 2027

Date written:	September 2026
Date agreed by Governors:	September 2026
Date to review:	September 2027

'The Love of Christ Shines Here'

Our School is Christ-centred where Gospel values permeate our daily lives.

We extend our hand of friendship to the wider community in the spirit of love, peace and justice.

We create opportunities to celebrate the uniqueness of every child and nurture them through a stimulating and enriching curriculum.



SAFER SLEEPING ARRANGEMENTS POLICY

1. POLICY STATEMENT AND PURPOSE

At Our Lady and St. Philomena's Catholic Primary School, we are committed to providing a safe, supportive and healthy environment for all children in our Early Years Foundation Stage (EYFS) and any other older children who may require rest periods for varying reasons.

Napping and rest periods play a vital role in supporting young children's development, emotional regulation and overall well-being. This policy sets out our clear operational framework for safe sleeping arrangements, ensuring full compliance with the statutory framework for the Early Years Foundation Stage and Ofsted inspection criteria.

2. SCOPE AND APPLICABILITY

This policy applies to all teachers, teaching assistants, student placements, supply staff and volunteers working within our school. It covers all children who require a period of sleep or rest during the school day; both EYFS and across the school.

3. SAFE SLEEP ENVIRONMENT STANDARDS

All sleeping areas within our setting must strictly adhere to statutory safety guidelines:

1. **Equipment and Surfaces:** Children who nap must be provided with their own designated sleep mat, low bed or cot. Sleep spaces must feature a firm, flat, clean surface. The use of sleep pods, nests, beanbags, soft chairs, pushchairs or car seats for napping is strictly prohibited.
2. **Bedding and Thermal Comfort:** Bedding must be clean, light and appropriate for the room temperature. Large, bulky blankets, heavy duvets and pillows are not permitted for young children to prevent risks of overheating or suffocation. Room temperatures are monitored regularly to maintain a comfortable rest environment.
3. **Spatial Layout and Ventilation:** Sleep spaces must be situated in calm, well-ventilated areas with adequate air circulation. Mats and beds must be spaced apart to allow clear access for staff and prevent the spread of infection.

4. SUPERVISION AND MONITORING PROCEDURES

The safety and well-being of sleeping children are maintained through continuous adult supervision:

1. **Continuous Physical Presence:** Sleeping children must remain within direct visual and hearing range of qualified Early Years staff at all times. Staff members are never permitted to leave sleeping children unattended.



2. **Physical Checks and Logging:** Visual checks must be conducted and logged every ten to fifteen minutes. Staff must physically observe the child, verifying the rise and fall of the chest, position and clear breathing pathways.
3. **Sleeping Positions:** Children are encouraged to sleep on their backs unless specific individual medical guidance, documented in a healthcare plan, instructs otherwise.

5. INDIVIDUAL NEEDS AND FAMILY PARTNERSHIP

We work in close partnership with parents and carers to ensure individual routines and preferences are respected:

1. **Transition and Admission Information:** During home visits and/or induction meetings, staff discuss individual sleep routines, comfort items and preferences with parents or carers.
2. **Comforters:** Small, safe comforters (such as a small blanket or dummy) may be used if requested by parents, provided they do not pose an entanglement or suffocation risk.
3. **Communication:** Staff provide daily updates to parents regarding their child's rest periods, including sleep duration and any changes in napping patterns.

6. EMERGENCY PROCEDURES AND HEALTH RESPONSIBILITIES

Staff are trained to identify signs of distress or sudden illness during rest periods:

1. **Immediate Response:** If a sleeping child shows signs of illness, breathing difficulty or unresponsiveness, staff must immediately raise the alarm, initiate Paediatric First Aid procedures and contact emergency services.
2. **Designated First Aiders:** A qualified Paediatric First Aider is present on site and available at all times during sleep periods.
3. **Reporting:** Any incidents or concerns during rest periods must be recorded immediately on the school safeguarding system and reported to the Headteacher and Designated Safeguarding Lead.

7. POLICY REVIEW AND GOVERNANCE

This policy is maintained by the Senior Leadership Team and approved by the Governing Body. It is reviewed annually to ensure ongoing statutory compliance and best practice.