



Safer Sleep Policy

September 2026

To be reviewed September 2029

Safer Sleep Policy

Abercromby Nursery School

Children Aged 2-5 Years

Reviewed: September 2026

Policy Statement

Abercromby Nursery School is committed to ensuring that all children who sleep or rest during the nursery day do so in a safe, comfortable and supervised environment. We follow the EYFS Statutory Framework (2026) safer sleep requirements and work in partnership with families to meet children's individual sleep needs.

Procedures

- Children's sleep needs will be discussed with parents/carers on admission.
- Children who choose to sleep will rest on individual sleep mats in a quiet, supervised area.
- Sleeping children will remain visible to staff at all times.
- Sleep areas will be clean, safe, well ventilated and maintained at a comfortable temperature.
- Children will never be left unsupervised while sleeping.
- Sleep mats and bedding will be cleaned regularly.

Sleep Checks

In line with EYFS requirements, all sleeping children will be checked regularly while sleeping.

Staff will:

- Carry out and record a sleep check every 10 minutes.
- Observe the child's breathing, position and general wellbeing.
- Record the time of each check and staff initials on the Sleep Monitoring Record.
- Record the child's wake-up time and any concerns.

Recording and Storage

- A Sleep Monitoring Record will be completed for every child who sleeps.
- The supervising member of staff must sign the record sheet.
- Completed sleep monitoring sheets will be handed to the School Office every Friday.
- Signed records will be securely stored in the Safer Sleep Records File in the School Office.
- Records will be retained in line with the school's record retention procedures.

Staff Responsibilities

All staff are responsible for:

- Following this policy.

- Maintaining appropriate supervision of sleeping children.
- Completing sleep records accurately.
- Reporting any concerns about a child's health, safety or wellbeing immediately.

Monitoring

The Headteacher will monitor compliance through regular checks of sleep monitoring records and staff practice.