

Safer Sleep Policy



Aim high and shine

Policy Title: Safer Sleep Policy

Applies to: All staff, volunteers and children attending John T. Rice Infant and Nursery school

Age Range: 3–7 years

Review Date: Autumn 202

1. Statement of Intent

At John T. Rice Infant and Nursery school, we recognise that children of infant school age should generally be able to remain awake and participate in the school day. We therefore discourage routine daytime sleeping for children aged 3–7 years.

However, we understand that some children may require sleep during the school day due to illness, exceptional circumstances, fatigue relating to a diagnosed medical condition, disability, or other identified complex medical needs. In these situations, children's health, wellbeing and safety will be prioritised and appropriate arrangements will be made to support them safely.

The school is committed to ensuring that any child who requires sleep during the school day does so in a safe, supervised environment that minimises risks and promotes their wellbeing.

2. Principles

- Daytime sleep is not routinely encouraged during the school day.
- Children who are unwell, recovering from illness, have complex medical needs, or whose needs are identified within a healthcare plan may be supported to sleep.
- No child will ever be left sleeping unsupervised.
- The safety and welfare of the child will remain the responsibility of staff at all times.
- Parents/carers will be informed immediately if a child becomes unwell and requires significant rest or sleep during the school day.

3. Suitable Sleeping Area

Where a child requires sleep or rest during the school day:

- A quiet, well-ventilated and appropriately supervised area will be used.
- The area must be away from hazards and excessive noise.
- The child must remain within sight or hearing of a member of staff at all times.
- Staff must ensure the sleeping area enables frequent monitoring without disturbing the child unnecessarily.

4. Safe Sleep Equipment

Where sleeping arrangements are required:

- A clean, firm mattress or sleep mat suitable for the child's size and age will be provided.
- The mattress must be placed on a stable, flat surface.
- Children should sleep lying on their back unless an alternative position is specified within a medical care plan.
- Pillows, duvets, blankets, cushions, beanbags, soft toys or other loose bedding will not be used unless specifically required for medical reasons and supported by an individual risk assessment.
- Children should not have cords, drawstrings or items that could present a risk during sleep.

5. Supervision and Monitoring

To ensure children's safety:

- A child who is sleeping will never be left alone.
- Staff will conduct regular visual checks throughout the sleep period.
- Checks will include monitoring the child's breathing, colour, comfort and general wellbeing.
- Any concerns regarding a child's breathing, responsiveness, temperature or condition will be acted upon immediately.
- Staff will ensure that sleeping children remain in a safe position and environment.

6. Children with Medical Needs

Where a child has a diagnosed medical condition, disability or complex medical need that may affect sleep:

- Arrangements will be detailed within the child's Individual Healthcare Plan (IHCP) or support plan.
- Staff will follow any medical advice provided by healthcare professionals.
- Appropriate risk assessments will be completed where required.
- Relevant staff will be informed of the child's needs and monitoring requirements.

7. Children Who Become Unwell

If a child becomes unwell during the school day and requires rest or sleep:

- Parents/carers will be contacted immediately.
- The child will be made comfortable and supervised continuously whilst awaiting collection.
- Staff will monitor the child's condition closely.
- Where a child's condition causes significant concern, emergency medical assistance will be sought without delay and parents informed.

8. Recording

Where a child sleeps during the school day, staff should record:

- The reason for the sleep or rest period.
- The start and finish time.
- Any relevant observations regarding the child's wellbeing.
- Any communication with parents/carers.

9. Roles and Responsibilities

All staff are responsible for:

- Following this policy.
- Maintaining appropriate supervision.
- Reporting any concerns about a child's health or safety immediately.
- Ensuring parents/carers are informed when a child requires sleep due to illness or wellbeing concerns.

The Headteacher has overall responsibility for ensuring this policy is implemented consistently and reviewed regularly.

10. Review

This policy will be reviewed annually or sooner if guidance, legislation or school practice changes.

Written by: Shelley Bennett (Head teacher)

Approved by: Kerry Scotney (EYFS leader)

Date: 2nd July 2026

Review Date: Summer 2029 (Reviewed every three years or sooner if guidance changes)

Agreed at F&P committee Autumn 2026

This policy should be read alongside the school's Safeguarding, Health and Safety, First Aid, Medical Needs and Intimate Care policies.