



Knights Templar Community Church School and Nursery

Work at it with all your heart

Head Teacher: Mrs Laura Weaver, BA Hons QTS

Safe Sleep Policy

<i>Date Approved by the Head Teacher</i>	<i>Review Period</i>	<i>Date to be reviewed</i>
<i>October 2026</i>	<i>Annually</i>	<i>October 2027</i>

Our commitment

At Knights Templar Nursery, the safety, health and wellbeing of every child in our care is our highest priority.

We recognise that sleep is an important part of a child's development and wellbeing. We are committed to providing a safe, comfortable and appropriate sleep environment for all children who sleep during their time at nursery.

*Our practice follows the **Early Years Foundation Stage (EYFS)** statutory framework effective from **September 2026**, together with current NHS and The Lullaby Trust safer-sleep guidance.*

All practitioners working with children who may sleep at Knights Templar Nursery are expected to understand and follow this policy.

Safe sleep arrangements

At Knights Templar Nursery:

- Babies and young children will always be placed **on their backs to sleep**, unless there is a documented medical reason requiring an alternative position.*
- Children that are old enough to move freely and choose their own comfortable sleep position are allowed to do so.*
- Every child will have their own separate sleep space.*
- Children under two years will sleep on a firm, flat surface.*
- Babies aged 12 months and under will only be placed to sleep in a suitable cot.*
- Sleep spaces will be kept clear of unnecessary items.*
- Staff will never use pillows, cot bumpers, wedges, sleep positioners or other products designed to restrict a baby's movement.*
- A child's head will always remain uncovered while sleeping.*

Sleep environment

Knights Templar Nursery will provide a calm, clean and safe environment for children's sleep.

Before children are put down to sleep, practitioners will check that:

- the sleep space is clean and safe;*
- the mattress is firm, flat and waterproof;*
- the cot or sleep equipment is in good condition;*
- the sleep space is free from toys and other unnecessary items;*
- bedding is appropriate and safely positioned;*
- the child's face and head will remain clear;*
- the room temperature is appropriate.*

*For babies, the recommended room temperature is **16–20°C**. Practitioners will regularly monitor the room and children to ensure they are not becoming too hot or too cold.*

Cots and sleep equipment

All cots and sleep equipment used at Knights Templar Nursery will be suitable for the age and developmental stage of the child and maintained in good condition.

Cots will have:

- a firm, flat mattress;*
- a waterproof mattress surface or suitable waterproof cover;*
- appropriate bedding;*
- adequate ventilation around the sleep space.*

Equipment will be inspected regularly. Any damaged or unsuitable equipment will immediately be removed from use and reported to the Nursery Manager.

Bedding and sleep bags

*Where blankets are used, children will be placed **feet-to-foot at the bottom of the cot**. Lightweight blankets will be firmly tucked in below the child's shoulders.*

Where an appropriate baby sleep bag is used, it must:

- be correctly fitted;*
- be suitable for the child's age and size;*
- be appropriate for the room temperature;*
- be used according to the manufacturer's instructions.*

Additional blankets or bedding will not be placed over a child who is wearing a sleep bag unless this is specifically appropriate and in accordance with safer-sleep guidance.

Supervision and sleep checks

*At Knights Templar Nursery, children who are sleeping will remain **within the sight and hearing of staff**. Babies under six months will have an adult present in the same room for every sleep.*

Practitioners will carry out frequent sleep checks, taking account of each child's age, individual needs and circumstances.

During sleep checks, practitioners will check that:

- the child is breathing normally;*
- the child's face and head are clear;*
- the child remains in a safe position;*
- the child is not showing signs of overheating or distress;*
- the sleep environment remains safe.*

Babies and children are always visible on a viewing monitor and physical checks are carried out and recorded every 10 minutes. Any concerns identified during a sleep check will be acted upon immediately.

Children who fall asleep elsewhere

If a baby or young child falls asleep in an unsuitable location, practitioners will move them to an appropriate safe sleep space as soon as it is safe and practicable to do so.

Children will not routinely sleep in:

- car seats;*
- bouncy chairs;*
- swings;*
- sofas or armchairs;*
- beanbags;*
- pods or nests;*
- other inclined or seated products.*

If a child falls asleep in a car seat following arrival at nursery, practitioners will follow safer-sleep guidance and move the child to an appropriate sleep space.

Individual sleep needs

Knights Templar Nursery recognises that every child is different. Parents and carers will be asked to provide information about their child's normal sleep routine, including:

- usual sleep times;*
- settling routines;*
- preferred comfort methods;*
- sleepwear or sleep bag;*
- any relevant medical conditions;*
- any additional needs that may affect sleep.*

We will work in partnership with parents and carers to provide a consistent approach wherever possible while ensuring that all statutory safer-sleep requirements are followed.

Medical needs

Where a child has a medical condition or additional need that affects their sleeping arrangements, Knights Templar Nursery will work with parents/carers and, where appropriate, relevant health professionals.

Any specific medical advice relating to sleep will be:

- documented in the child's individual care plan;*
- communicated to all practitioners responsible for the child;*
- reviewed regularly;*
- followed alongside appropriate risk assessments.*

The nursery will make reasonable adjustments to support children with additional needs while maintaining their safety.

Partnership with parents and carers

Knights Templar Nursery recognises the importance of working closely with parents and carers.

Parents/carers will be informed about our safer-sleep arrangements and will have access to this policy.

We will discuss any concerns or differences between home and nursery sleep practices with parents/carers in a respectful and supportive manner.

Where a parent's requested arrangement conflicts with statutory requirements or recognised safer-sleep guidance, the nursery will explain the reason why the requested arrangement cannot be followed.

Staff responsibilities

All practitioners, students, agency staff and volunteers who may be responsible for children during sleep periods must understand this policy.

Practitioners are responsible for:

- *following the nursery's safer-sleep procedures;*
- *checking the sleep environment before use;*
- *placing babies safely on their backs;*
- *carrying out and recording sleep checks;*
- *reporting damaged or unsuitable equipment;*
- *reporting concerns immediately to the Nursery Manager;*
- *maintaining appropriate supervision at all times.*

The Nursery Manager is responsible for ensuring that staff receive appropriate information and training and that safer-sleep practice is monitored.

Staff training and awareness

Knights Templar Nursery will ensure that practitioners are familiar with current safer-sleep guidance. All Discoverers room staff (under twos) have undertaken lullaby trust SIDS and safer sleep for babies training.

Staff will be expected to understand:

- *the importance of placing babies on their backs;*
- *the specific cot requirement for babies aged 12 months and under;*
- *appropriate sleep equipment;*
- *safe bedding;*
- *temperature and overheating;*
- *supervision and sleep checks;*
- *the risks associated with unsuitable sleep products;*
- *the nursery's emergency procedures.*

New staff will receive information about safe sleep during their induction before being given responsibility for placing babies or young children to sleep.

Monitoring and recording

Knights Templar Nursery will maintain appropriate records relating to children's sleep and any sleep-related incidents or concerns.

The Nursery Manager will monitor:

- sleep-check records;
- safe-sleep practice;
- room temperatures;
- sleep equipment;
- accidents and incidents;
- staff compliance;
- parent/carer feedback;
- changes to national guidance.

Any unsafe practice identified will be addressed immediately.

Safeguarding

Safe sleeping is an important part of our safeguarding responsibilities. Any concern about a child's safety, wellbeing, supervision or sleeping arrangements will be reported in accordance with **Knights Templar Nursery's Safeguarding and Child Protection Policy**.

Practitioners must never ignore or overlook unsafe sleep practices.

Policy review

This policy will be reviewed annually, or sooner if required following:

- changes to the EYFS statutory framework;
- changes to NHS or The Lullaby Trust guidance;
- a significant incident or near miss;
- changes to sleep equipment or nursery procedures;
- new information relating to safer sleep.

The Nursery Manager will ensure that all staff are informed of significant changes.

Key guidance

Knights Templar Nursery's Safe Sleep Policy is based on the **EYFS statutory framework for group and school-based providers, effective from September 2026**, together with current NHS and The Lullaby Trust safer-sleep guidance.

Staff must ensure that they follow the most up-to-date guidance and should not rely solely on this policy where national guidance has subsequently changed.