

Safeguarding children

1.25 Safe Sleep Policy

Policy statement for St Joseph's Pre-school

St Joseph's Pre-school operates a Safe Sleep Policy that specifies "back to sleep" position. Our policy requires that the Lead Practitioner discuss the Safe Sleep Policy with a child's parent/carer before admission – it is included in our enrolment pack. Parents/carers must sign a statement that they have received a copy of the policy and that the policy has been discussed with them. All key persons working in our setting are required to receive training on this policy.

Aim of this policy

Whilst St Joseph's Pre-school is not available to children under the age of 2 and, therefore, does not have set sleeping times, it is acknowledged that, on occasion, a child does fall asleep at the setting. The aim of this policy is to assist staff to take proactive steps to lower the risk of Sudden Infant Death Syndrome (SIDS).

How is this policy implemented?

When introducing or sharing this policy with our parents/carers the following will be discussed:

- ask about the child's sleep position at home;
- explain the Pre-school's "back to sleep" policy that is implemented to reduce the risk of SIDS;
- tell parents/carers that "Back to Sleep" is recommended by the Foundation of Sudden Infant Death Syndrome (FSIDS);
- inform parents/carers that even though most children will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side;
- some children have medical conditions that require stomach sleeping. If the parent/carer insists that their child be placed on his/her stomach or side to sleep, they will be asked to provide a note from the child's doctor that specifies the sleeping position;
- if parents/carers have further questions about SIDS and infant sleeping position, they will be given the telephone number for the FSIDS and the national Back to Sleep campaign.
- staff will keep a note of when a child sleeps, ie. duration, confirming checks have been carried out, additional comments and recording that the parent has been informed.
- Recording of sleeps is done through the "care diary" on Tapestry via the sleep log function. Any entry automatically notifies the parent/carer.

Sudden Infant Death Syndrome (SIDS)

SIDS is the unexpected death of a seemingly healthy baby/child for whom no cause of death can be determined based on an autopsy, an investigation or the place where the baby/child died and a review of the baby's/child's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents/carers and childcare professionals can work together to keep children safer while they sleep. St Joseph's Pre-school will practice the following sleep policy:

- all key persons will receive training on our Safe Sleep Policy and SIDS risk reduction;
- children will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. The child's key person will be informed accordingly if this is the case;
- we will keep the space around the child clear, ie. no toys, food, bottles of water etc because of the choking risk;
- we endeavour to keep the room temperature to between 16 and 20 degrees. We will not place a child next to a heat source or in direct sunlight;
- sleep mats will be used for a sleeping child, these will be regularly cleaned and not shared by children (without first being cleaned). Also they will be regularly checked to ensure that foam is not spilling out or that the plastic has become split.
- FSIDS recommends that babies are placed on their backs to sleep, but when they can easily turn over from the back to stomach, they can be allowed to adopt whatever position they prefer.
- visual supervision is required at all times. At least every 10 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. We will be especially alert to monitoring a sleeping child during the first weeks he/she is in our care;
- no smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breathe do not smell of smoke when caring for children within the setting;
- all parents/carers of children cared for in this Pre-school will receive a copy of our Safe Sleep policy before admission.

Napping at the setting

St Joseph's Pre-school staff follow guidance set out in the table below which is an extract from an article entitled "[your baby's nap time](https://www.pampers.co.uk/your-babys-nap-time)" on www.pampers.co.uk. Note that the source of the information is the NHS.

Typical Daytime Sleep by Baby Age		
Age	Naps per day	Approximate total daytime sleep
0 to 3 months	4	up to 8 hours
6 to 12 months	2	3.5 hours
12 months to 18 months	1-2	2 hours
18 months to 3 years	1-2	1.5 hours
Over 3 years	0-1	0-1.5 hours
Source: NHS		

If the napping of a child occurs frequently, the Lead Practitioner will discuss with the child's parent/carer to agree how long the child should be allowed to sleep, thus limiting the impact on night time sleep.

St Joseph's Pre-school will initially go with the parent's/carer's wishes and log on Tapestry the length of the child's sleep and why the child was woken, ie. "parent's request". If the child is not happy on waking and will not stay awake, the setting will contact the child's parent/carer regarding whether they want the child to be allowed sleep or be collected. If a child tries to sleep after 1pm and will not stay awake, the setting will contact the child's parent/carer regarding the next step.

Further Guidance

- [Statutory Framework for the Early Years Foundation Stage](#) : Section 3 "Safeguarding and Welfare Requirements"
- NHS [SIDS](#)
- [The Lullaby Trust](#) : helpline: 0808 802 6869
- www.pampers.co.uk : article "[your baby's nap time](#)"
- www.huckleberrycare.com : article "[Baby sleep schedule by age: Nap and sleep chart](#)"¹

Associated Policies & Procedures

- 1.2 Safeguarding Children and Child Protection
- 1.20 No smoking, vaping, alcohol and substance misuse
- 4.4 Role of the key person in the setting and settling in

Version Number	Author	Purpose of change	Date
1.0	K Coupe & N Powers	New Policy to ensure the safeguarding of sleeping children after attendance at training	28 February 2023 Committee Member (S Webb)
2.0	K Coupe	Reviewed and updated with regards to room temperature and more information re sleeping child	3 Feb 2025 Chair (A Hitchings)
3.0	K Coupe & N Finn-Powers	Updated to reflect current practice on how "sleeps" are recorded and parents notified	18 June 2025 Committee Member (L Finn-Powers)
4.0	K Coupe & N Finn-Powers	Updated to include information about "nap times" taking information from NHS	18 July 2025 Committee Member (L Finn-Powers)

¹ Article contains a useful chart broken down in months – source unknown.