



**St. Thomas a Becket Nursery**

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Registered Charity No. 1097448

Ofsted URN 507912

# Safe Sleep

**Responsibility:** Nursery Lead and Nursery Manager

**Review Cycle:** Annually; or with the implementation of a new EYFS;  
whichever is soonest

Date of adoption / last review:	Signed / Role	Date of next review:
April 2026	CJH	April 2027. Updated June 2026

# **St Thomas a Becket Nursery**

## **Safe Sleep Policy**

### **EYFS S3**

#### ***Early years foundation stage statutory framework***

***Effective: 01 September 2025***

[https://assets.publishing.service.gov.uk/media/68c024cb8c6d992f23edd79c/Early\\_years\\_foundation\\_stage\\_statutory\\_framework\\_-\\_for\\_group\\_and\\_school-based\\_providers.pdf](https://assets.publishing.service.gov.uk/media/68c024cb8c6d992f23edd79c/Early_years_foundation_stage_statutory_framework_-_for_group_and_school-based_providers.pdf)

#### ***Sleeping arrangements***

*3.84 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk). Practitioners should read NHS advice on safety of sleeping babies: Reduce the risk of sudden infant death syndrome (SIDS) - NHS (www.nhs.uk).*

**Please see St Thomas a Becket Nursery Safeguarding Policy**

**Pt 1 – Policy Statement**

**Pt 2 – Policy Commitment**

**Pt 3 - Procedures**

## **Pt 1 – Policy Statement**

This policy outlines the safe sleep arrangements for children in our early years nursery, in accordance with the guidance issued by Olivia Bailey MP, Minister for Early Education and Minister for Equalities on 27<sup>th</sup> March 2026, whose primary objective is to clarify the safeguarding requirements for sleeping arrangements, as part of a comprehensive review of the proposals raised through the [Campaign for Gigi](#).

St Thomas a Becket Nursery fully support the commitment to children's safety and well-being as being paramount, particularly in light of recent tragedies that highlight the critical importance of safe sleep practices.

## **Pt 2 – Policy Commitment**

In line with the EYFS Statutory Framework amendments set to take effect in September 2026, St Thomas a Becket Nursery implement this policy as of April 2026.

St Thomas a Becket Nursery will ensure that all children needing a rest are placed down to sleep safely. Whilst some guidelines are provided for children aged under 1 year and aged under 2 years, we follow the issued guidance in an age-appropriate way for all children (aged 2-5years) in our care.

## **Pt 3 – Procedures**

We will ensure that:

- Children arriving at nursery must present awake. If a child is asleep and unable to be woken up by the parent, we will ask the parent to stay until their child is awake;
- Likewise, we will strive to wake the child before they go home as this allows us and the parent to observe that the child is alert, responsive, and in good health when they leave nursery:

However, while it is generally our aim to have children awake at pick-up, we also want to support a child's natural sleep and well-being.

- We may allow a child to stay asleep if:

They are incredibly difficult to rouse;

If a child is exhausted and won't wake easily, practitioners may determine that depriving them of needed rest goes against the child's best interests;

If a child has had a difficult or sleepless night before and needs extra sleep.

- Children are placed down on their back in their own separate sleep space on a firm flat surface such as a mattress on the floor.

- Sleep spaces will only contain a firm, flat, waterproof mattress and lightweight bedding, such as a blanket, which is firmly tucked in around the child below their shoulders to prevent head covering.
- We never use bumpers, wedges or straps on a child who is asleep on a mattress.
- In some circumstances, children may fall asleep in a pushchair or buggy. This may be appropriate for certain children, including (but not limited to) those with a high level of SEND, where the pushchair forms part of their identified safe space.
- Where a child falls asleep in their own buggy or pushchair, it will be gently reclined to a suitable semi-lying position. Safety straps will be checked to ensure the child remains comfortably secure and positioned safely at all times.

ALL other points in this policy apply to all sleeping children, whether on the sleep mattress or on the occasion that they prefer their own buggy:

- Sleeping children are ALWAYS in the play-room with the staff.
- Safe sleep spaces will not contain un-necessary extra items such as toys, pillows, extra blankets.
- Children should not get too hot or cold. The recommended room temperature is 16 – 20°C.
- Children's heads will not be covered.
- Children will always have an adult with them in the same room for every sleep and are always within sight and hearing of staff when sleeping.
- All children will be frequently checked when sleeping.
- Checks on sleeping children will be carried out every 15 minutes and recorded on the Sleep Chart.

**All staff are aware of the NHS advice on [Sudden infant death syndrome \(SIDS\) – NHS](#) for babies up to the age of 12 months.**

**All staff are aware of and can freely access further information on safer sleep guidance, available from [The Lullaby Trust](#).**