



HUMPTY DUMPTY PRE-SCHOOL

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SAFER SLEEPING POLICY

The nursery recognises that adequate sleep is essential for children's growth, development, emotional wellbeing, and learning. We work in partnership with parents/carers to meet each child's individual sleep needs while ensuring safe sleeping practices are followed at all times.

Procedures:

Individual sleep arrangements

- Parents provide information about their child's usual sleep routine.
- sleep arrangements are reviewed regularly and updated as children's needs change
- staff respect individual sleep needs and routines where reasonably possible.

Safe sleep environment

- children sleep in the designated quiet area
- sleep surfaces are firm, flat and clean, and free from hazards
- pillows, soft furnishings, loose blankets, and bulky bedding are not used for sleeping children.
- The sleep area is well ventilated and maintained at a comfortable temperature.
- Children are dressed appropriately to avoid over heating. When we check the temperature every 10 minutes we will remove any extra clothing they have on as the room gets warmer.

Sleep Position

- Children are placed on their back to sleep unless there is written medical advice stating otherwise.
- Once a child can independently roll and change position, staff do not repeatedly reposition them.
- Children are never placed to sleep on sofa's, cushions, or other unsuitable surfaces.

Supervision and Monitoring

- Sleeping children remain within sight and hearing of staff at all times.
- Visual checks are completed at least every 10 minutes
- Sleep checks are recorded, including time checked and staff initials.
- Staff monitor breathing, colour, temperature and sleeping position

Comfort and Settling

- Staff use calm and responsive approaches to help children settle.
- Children are never left to cry for prolonged periods without support.

Partnership with Parents

- Parents are informed about their child's sleep duration and any concerns.
- Medical conditions affecting sleep are discussed and risk assessed.

Staff training

- We have 2 sleep Champions in our setting Gill & Vicki Mankertz
- All staff receive guidance on safer sleep practices
- Staff understand signs of distress, overheating, and unsafe sleep environments.
- Safe sleep procedures are reviewed regularly and following any updates to guidance

The Manager is responsible for ensuring:

- Staff follow this policy
- Sleep records are maintained
- Risk assessments are completed and reviewed.
- Parents are informed of nursery sleep procedures.

This policy dated June 2026 and will be reviewed annually or sooner
If there are changes to EYFS, NHS, of DfE safer
Sleep guidance.