

Jesus said, 'Let the little children come to me.'

At Little Fishes we aim to share God's love with the children and nurture a sense of kindness, love and respect, enabling them to flourish in life.

6.7 Safer Sleep

Policy statement

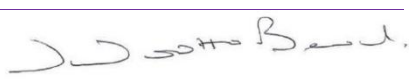
At Little Fishes pre-school we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's sleep routine will be unique and we will work closely with parents/carers to ensure there is consistency between home and pre-school.

Procedures

- We follow the guidelines in EYFS statutory framework and we ensure young children are kept safe when sleeping. All staff are familiar with the advice from the NHS and The Lullaby Trust on Sudden Infant Death Syndrome (SIDS) and our policy and procedures align with this advice.
- We have thorough risk assessments in place around nap times. Little Fishes Pre-School is a smoke and vape free environment and children will not be exposed to these substances at any time, including while sleeping.
- Parents and carers will be asked to provide details of their child's routines before their first day including details of their sleep and nap routines. These details are recorded on the child's All About Me document and signed by parents.
- At Little Fishes Pre-School we give careful thought to the safest location for sleep using a firm, flat, mattress, and suitable bedding.
- Sleep spaces will only contain a firm, flat, waterproof mattress, a fitted sheet and if necessary, a cellular blanket, which is tucked firmly around the child's waist, and secured underneath the mattress, to prevent covering the child's face.
- Our safe sleep areas will not contain any cushions, pillows, soft toys or any strangulation hazards, such as blind cords.
- Children will never be put to sleep on a bean bag, cushion or any other surface other than a sleep mattress.
- Thermometers will be used to monitor room temperature and the child will not get too hot or cold while sleeping. The room temperature will ideally be between 16-20 degrees at all times.

- We will wake the child in accordance with their parents/carers wishes, or if necessary, wake for safety or collection by parent/carer.
- If a child falls asleep in an unsafe position and this includes an adults lap, they will be moved to a safe sleep area.
- Parents will be notified of their child's nap time at the end of their day.
- Each child will have their own sleep monitoring chart. While the child is sleeping we will monitor frequently and record these checks on their sleep monitoring chart. These charts can be shared with parents on request.
- In addition to our safer sleep procedures, we aim to equip families with the information they need to make informed decisions regarding their child's sleep routines at home.

The policy is written in compliance with EYFS Statutory Guidance and the NHS and Lullaby Trust for safer sleep.

This policy was adopted by	Little Fishes Pre-School	<i>(name of provider)</i>
On	<u>16/7/26</u>	<i>(date)</i>
Date to be reviewed	<u>July 2027</u>	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	<u>Tim Wootton-Beard</u>	
Role of signatory (e.g. chair, director or owner)	<u>School Governor</u>	
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