Farnborough Road Infant School
Safer Sleep Policy
'Learning, Caring and Achieving Together'

1. Purpose and scope
This policy applies to any child who sleeps or rests during the school day in Farnborough Road Infant School Nursery or other EYFS provision. It establishes safer sleep arrangements, supervision, individual planning, record keeping and emergency action. It applies to current provision for children aged two and above. The school follows the EYFS statutory framework for group and school-based providers (effective 1 September 2026).

2. Responsibilities
The Headteacher is accountable for implementation and resourcing; the Early Years Leader monitors practice, risk assessments and records; the designated room leader organises daily sleep provision; and every practitioner must follow this policy, remain alert, complete checks and report concerns immediately. The Designated Safeguarding Lead (DSL) is informed of safeguarding concerns. Parents/carers share routines, medical information and changes affecting sleep.

3. Individual sleep arrangements
Before a child sleeps at school, staff discuss usual sleep patterns, comfort, health, allergies and any specific medical or developmental needs with parents/carers. Staff record an individual sleep plan and review it following changes, incidents or concerns. A child who needs sleep must not be kept awake to fit a timetable; a child must not be forced to sleep. Quiet rest activities are available for children who do not sleep. Staff must not use sleep as a behaviour management measure.

4. Safe sleep space and positioning
For every child under two, staff place the child on their back in their own separate sleep space on a clear, firm, flat surface. Equipment must be suitable for age and size, maintained, clean and used in line with manufacturer instructions. For children aged two and above, a suitable individual mat will be used following risk assessment.

- Use a firm, flat, waterproof mattress; keep the child's head uncovered.
- We do not put pillows, toys, wedges, straps, loose bedding or other unnecessary items into babies' sleep spaces. Sleep comforters are permitted only for children over 12 months where individually risk-assessed.
- We do not allow children to sleep on sofas, beanbags, pushchairs or other unsuitable equipment as a routine sleep arrangement. We move a child who falls asleep elsewhere to their designated safe sleep space as soon as safely practicable.

5. Temperature, hygiene and environment
Staff keep the sleep area calm, adequately ventilated and free of hazards, trailing cords and access by unauthorised persons. For babies aged 12 months and under, the recommended room temperature is 16–20°C. Staff consider clothing, bedding and conditions, checking the chest or back of neck for

overheating rather than relying on hands or feet. Individual bedding is clean, stored hygienically and laundered regularly or when soiled. Sleep spaces and equipment are checked before use and faults removed from service.

6. Supervision and physical checks

Sleeping children must remain within sight and hearing of staff at all times. Staff monitor children and can see and hear children continuously. Staff conduct and record physical checks at least every 10 minutes as FRIS operational practice, and more frequently where age, health or individual risk assessment requires. The 10-minute interval is a school procedure, not a statutory national interval.

- At each check, visually confirm normal breathing, position, colour, comfort, temperature and that the face/head are unobstructed; approach closely enough to establish the child is safe without unnecessarily waking them.
- Record sleep start and end times, each check time, staff initials and any action taken. Record handovers so supervision remains uninterrupted.
- If a child is unwell, breathing unusually, has a fever, or their condition changes, assess immediately and follow the medical/emergency procedure; staff do not rely on the next scheduled check.

7. Children with SEND or medical needs

Make reasonable adjustments and individual risk assessments for children with SEND, disabilities, reflux, respiratory concerns or other medical needs. Staff seek advice from parents and appropriate health professionals where necessary. Any medically advised departure from usual sleep positioning must be documented in an individual healthcare plan and authorised by an appropriate clinician; staff must not improvise positioning aids or restraints.

8. Illness, emergencies and safeguarding

If a child is unresponsive or not breathing normally, summon help, call 999, commence age-appropriate CPR in accordance with current first-aid training and follow the school emergency response plan. Inform the Headteacher/DSL and parents as soon as practicable without delaying emergency care. Record the incident and complete statutory notifications where required. Follow the school's safeguarding, first-aid, medical conditions and accident reporting policies. Staff must not leave sleeping children unattended.

9. Training, monitoring and review

All staff supervising sleep receive induction and regular refresher instruction on this policy, safer sleep, emergency action and accurate records. The Early Years Leader audits sleep records and arrangements at least termly and after any incident. The Headteacher reports significant compliance issues to governors. The policy is reviewed regularly or if guidance, provision or risk changes.

10. Linked policies and authoritative guidance

EYFS Policy; Safeguarding and Child Protection Policy; Health and Safety Policy;

Supporting Pupils with Medical Conditions;

SEND Policy;

First Aid Policy;

Intimate Care procedures;

Fire/Evacuation procedures.

Sources: DfE EYFS statutory framework (September 2026), https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2 ; DfE safer sleep guidance, https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep ; NHS SIDS advice and The Lullaby Trust.

September 2026

Signed Date Headteacher.

Signed Date Chair of Governors.

Appendix A – Caterpillars Daily Sleep Check Chart

FARNBOROUGH ROAD INFANT SCHOOL
Learning Caring and Achieving Together

Two-Year-Old Nursery Daily Sleep Check Chart

Safe ♥ Happy ♥ Nurtured ♥ Ready to Learn



Little sleepers brighter tomorrows ♥

Date: **Room:**

Child's Name	Time asleep	Sleep Checks (put a ✓ each time)									Time woke	Staff Initials	Notes (e.g. settled, comfort given, position changed)
		10 mins	20 mins	30 mins	40 mins	50 mins	1 hour	1 hour 10	1 hour 20	1 hour 30			

Key things checked at each sleep check:

- Child is breathing normally
- Position is safe and face, nose and mouth are clear
- Appears comfortable (not too hot or cold)
- General appearance and wellbeing
- Sleep environment is safe
- Any concerns are recorded and reported immediately

If you have any concerns about a child's breathing or wellbeing, follow school procedures immediately.

♥

Safeguarding is everyone's responsibility.

Staff signatures:

Staff 1: _____

Staff 2: _____

Staff 3: _____

Staff 4: _____

Respect ♥ Honesty ♥ Love and Kindness ♥ Perseverance ♥ Compassion

Together a brighter tomorrow ♥

Appendix B – Caterpillars Sleep and Rest Information Form

FARNBOROUGH ROAD INFANT SCHOOL

Learning, Caring and Achieving Together

Two-Year-Old Nursery
Sleep and Rest Information

Please complete this form when your child joins our two-year-old Caterpillar nursery. This information helps us understand your child's individual sleep and rest needs and provide a safe, familiar and responsive routine.

Child's name:	
Date of birth:	

1. Usual Sleep Routine

Does your child usually sleep during the day?	☐ Yes ☐ No ☐ Sometimes
Usual time they go to sleep:	
Approximate length of sleep:	
How do you know when your child is tired? Please describe their usual sleep cues.	

2. Settling and Comfort

How does your child usually settle to sleep? (e.g. independently, with an adult nearby, story, music)	
Does your child use a comfort item? (e.g. comforter, dummy, favourite soft toy)	☐ No ☐ Yes - please give details:
Is there anything that helps your child feel calm and secure at sleep/rest time?	

3. Waking and Rest

Does your child usually wake naturally?	☐ Yes ☐ No
Do you currently limit their daytime sleep?	☐ No ☐ Yes - please give details:

If your child does not sleep, do they have a usual quiet/rest routine?	

4. Medical, SEND or Developmental Information

Does your child have any medical condition, SEND, disability or developmental need that may affect sleep or rest?	☐ No ☐ Yes
If yes, please provide details, including any advice from health professionals:	
Is there anything else we need to know to support your child safely and sensitively?	

Working in Partnership

Children's sleep needs can change quickly at this age. Please let nursery staff know if your child's sleep routine, health, medication or individual needs change. We will share information with you about your child's sleep in nursery and work together to support their wellbeing.

Parent/Carer Confirmation

Parent/Carer name:	
Signature:	
Date completed:	