



Hawkesley Church Primary Academy

Safer Sleep Policy

Date: September 2026

Review date: September 2027

Hawkesley Church Primary Academy recognises that sleep and rest are important to children's health, wellbeing and development. We are committed to providing a safe and suitable environment for any child who sleeps or rests during the school day.

Our Nursery, 'Little Acorns' currently has no children under two years of age. However, this policy follows current safer-sleep guidance and will apply to all current children and any younger child who may attend the school in the future.

Safer Sleep Principles

Staff will ensure that children who sleep or rest are provided with an appropriate, safe and comfortable sleep space.

For babies and younger children, we follow the safer-sleep principles recommended by the Department for Education, NHS and The Lullaby Trust. These include:

- Babies/infants should be placed **on their back to sleep**, unless specific medical advice states otherwise.
- Babies should sleep in their **own separate sleep space**.
- A baby's sleep space should have a **firm, flat mattress with a waterproof cover**.
- The sleep space should be kept clear of pillows, duvets, cot bumpers, soft toys, pods, nests and other unnecessary items.
- Bedding should be lightweight and appropriate for the room temperature.
- Children should not be allowed to become overheated.
- Children's heads will always remain uncovered during sleep.
- Sofas, armchairs, beanbags, cushions, car seats and other unsuitable surfaces must not be used as sleep spaces.
- Sleep equipment must be appropriate for the child's age, safe, well maintained and used in accordance with the manufacturer's instructions. ([The Lullaby Trust](#))

For babies aged **12 months and under**, should they attend Hawkesley Little Acorns Nursery, the statutory EYFS requirements for an appropriate cot, carrycot, Moses basket or travel cot will be followed. Floor beds will not be used.

Sleep Environment and Supervision

The sleep environment will be:

- Clean, calm and appropriately ventilated.
- Maintained at a comfortable temperature (ideally 16-20 degrees.)
- Free from obvious hazards.
- Appropriately equipped for the age and needs of the child.

Sleeping children will be checked frequently and regularly to ensure they remain safe, comfortable and appropriately positioned. Staff will be alert to signs that a child may be uncomfortable, distressed, too hot or too cold, or in an unsafe position. Where a child falls asleep unexpectedly, staff will consider whether the child should be moved to an appropriate sleep or rest space.

If a child falls asleep in a car seat, pushchair or other unsuitable position, staff will take appropriate action to ensure the child is moved to a safe sleep surface as soon as practicable.

Individual Needs

At Hawkesley, we recognise that children's sleep needs vary. Staff will work with parents and carers to understand individual routines and needs.

Where a child has a medical, developmental or additional need that affects their sleep arrangements, an appropriate risk assessment and/or healthcare plan will be put in place. Relevant professional advice will be followed where required.

Children will not be forced to sleep. Where a child does not sleep but needs a period of rest, staff will provide an appropriate quiet activity or rest opportunity.

Staff Responsibilities

Staff responsible for children who sleep or rest will:

- Be familiar with this policy and current safer-sleep guidance.
- Ensure sleep spaces are safe before use.
- Supervise children appropriately.
- Report and record any sleep-related incident or concern.
- Follow individual healthcare plans and risk assessments.
- Raise any safeguarding or welfare concerns in accordance with the schools safeguarding procedures.

Staff working in the EYFS will maintain the training required by the EYFS statutory framework, including appropriate paediatric first-aid provision.

Partnership with Parents and Carers

Parents and carers will be encouraged to share relevant information about their child's sleep routines, medical needs or other factors that may affect sleep.

The school will discuss any concerns about a child's sleep or sleep arrangements with parents/carers and will provide information about safer sleep where appropriate.

The school will always prioritise the child's safety and statutory requirements when agreeing sleep arrangements.

Monitoring and Review

The Nursery Manager will monitor the implementation of this policy and ensure that sleep arrangements and equipment remain appropriate and safe.

This policy will be reviewed every three years, or sooner if there are changes to statutory requirements, safer-sleep guidance, school provision or following any significant incident.

Further Guidance

This policy is informed by current guidance from:

- Department for Education – Safer Sleep for Early Years Providers
- The Lullaby Trust – Safer Sleep Guidance
- NHS safer-sleep guidance

Ratified by Governors on:

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