



Limes Farm Infants School & Nursery

EYFS SAFER SLEEP POLICY

Ratified by Governors: October 2026
To be reviewed: *October 2027*



EYFS Safer Sleep Policy

1. Policy Statement and Legal Framework

At Limes Farm Infant School and Nursery, we are committed to providing a safe, secure, and nurturing environment for all children. This policy ensures that resting or sleeping children are monitored frequently to safeguard their health, comfort, and physical well-being.

In accordance with the Statutory Framework for the Early Years Foundation Stage (EYFS), this policy directly embeds statutory safer sleep requirements mandated by the Department for Education (DfE) to eliminate risks associated with Sudden Infant Death Syndrome (SIDS), choking, and accidental suffocation.

This policy complies with statutory frameworks and guidance, including:

- **Statutory Framework for the Early Years Foundation Stage (EYFS)**
- **NHS Guidance: Sudden Infant Death Syndrome (SIDS)**
- **NHS Guidance: Reduce the Risk of Sudden Infant Death Syndrome**
- **The Lullaby Trust: Safer Sleep Awareness for Nursery Settings**
- **Keeping Children Safe in Education (KCSIE)**

All parents and carers are invited to an induction meeting prior to their child starting school, providing an opportunity to discuss individual sleep routines, medical needs, and preferences in confidence with their child's Class Teacher.

2. Philosophy of Spontaneous Rest

Limes Farm Infant School and Nursery recognises that children aged 3–5 years require flexibility to respond to their own physiological needs. Consequently, our setting does not operate scheduled whole-group sleep routines, nor do we maintain dedicated sleep rooms, mattresses, or heavy bedding.

- ❖ Supportive Rest Environment: Children are encouraged to listen to their bodies and are supported in seeking spontaneous rest when tired. Quiet areas, such as book corners and carpeted rest spaces, are intentionally designed to allow children to settle in a calm, safe, and familiar environment.
- ❖ Choking Prevention: A minimum interval of 20 minutes must elapse between eating meals or snacks and a child being allowed to settle for rest or sleep.
- ❖ Mouth Checks: Staff must physically check a child's mouth for food or foreign objects before allowing them to settle to rest.
- ❖ Temperature Regulation: Rest areas must be well-ventilated. A visible thermometer must be used to monitor the room temperature, maintaining an optimal range between 16°C and 22°C. Staff must recognise that room temperatures may exceed 22°C during summer months and must adjust children's clothing or room ventilation accordingly.
- ❖ Hazard Mitigation: Rest areas must be kept clear of small toys, cushions, dangling cords, clutter, or any items that pose a suffocation, strangulation, or tripping hazard.

3. Safe Sleep Procedures and Active Monitoring

Positioning and Clothing Protocols

- ❖ The "Back to Sleep" Rule: Children who wish to sleep must initially be placed on their backs. Children who are developmentally able to roll over independently may adjust to their own comfortable sleeping position thereafter.
- ❖ Feet-to-Foot Position: If a light blanket is required, the child must be placed in the "feet-to-foot" position (with their feet at the bottom of the resting space) and the blanket tucked in no higher than chest level.
- ❖ Clothing Safety: Before settling to rest, staff must remove all outdoor clothing, heavy jumpers, hoods, hats, bibs, or cords to prevent overheating, strangulation, or discomfort.

The 10-Minute Active Monitoring Cycle

A designated member of staff must remain physically present in the immediate vicinity of any resting or sleeping child at all times. Staff must conduct active safety checks every 10 minutes. This involves physical proximity checks rather than observation from a distance.

During each 10-minute check, the designated staff member must observe and verify:

- ❖ Breathing: Look for the rise and fall of the chest and confirm breathing by placing a hand near the child's chest or feeling breath against the back of the hand.
- ❖ Skin Tone and Temperature: Ensure skin colour appears normal and check that the child is neither overheating (sweaty/flushed) nor cold to the touch.
- ❖ Body Position: Confirm the face remains entirely uncovered and that the child is not entangled in clothing or light covers.
- ❖ Environment: Verify the room temperature reading on the visible thermometer.

4. Documentation and Audit Trail

Every safety check must be recorded immediately on the school's official Individual Safer Sleep Record. This document logs:

- ❖ Child's full name
- ❖ Date and exact time of check
- ❖ Physical observations (breathing, temperature, position)
- ❖ Room temperature (°C)
- ❖ Initials of the checking staff member

Completed records provide a legally defensible audit trail of the child's well-being and are stored securely in accordance with school data retention schedules.

5. Links to Other School Policies

This policy links to and should be read alongside the following school policies:

- *Whole School Safeguarding and Child Protection Policy*
- *Health and Safety Policy*
- *Intimate and Personal Care Policy*
- *Supporting Pupils at School with Medical Conditions Policy*
- *First Aid Policy*

Appendix 1: Individual Safer Sleep Observation Form

Child's name:	
Date:	
Room/Area:	

Sleep Position (tick):

- ☐ Back
- ☐ Side (medical advice only)
- ☐ Other (please specify)_____

Sleep Environment Checked:

- ☐ Sleep area clear of hazards (toys, cushions, etc)

Sleep Monitoring Checks:

Time:
☐ Breathing Checked
☐ Colour Checked
☐ Position Checked
Room Temperature -

Wake Up Information:

Time Woke:	
Total Sleep Duration:	

Child's Condition on Waking:

- ☐ Happy
- ☐ Settled
- ☐ Upset
- ☐ Unwell
- ☐ Other _____

Concerns or Incidents:

Were there any concerns regarding the child's sleep, breathing, positioning, wellbeing or health?

- ☐ No
- ☐ Yes (please provide details below)

Action Taken:

Parent Informed:

- ☐ Yes
- ☐ No

Time Parent Informed: _____

Staff Initials and Signature:	
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