



**Leasowes Extra
Safer Sleep Policy (Early Years)**

Date Approved: July 2026	Written by: J. Caven Business Manager
Date to be Reviewed: July 2027	Approved by: G. Bettany Chair of Trustees
Statement of intent	
Leasowes Extra is committed to ensuring that all children are provided with a safe, comfortable and appropriately supervised environment should they need to rest or sleep whilst attending our setting. Although we care only for children aged 3–5 years and do not operate a scheduled sleep or nap-time routine, we recognise that some children may become tired or unwell during the day and may require a period of rest. This policy is informed by the Department for Education (DfE) Safer Sleep Guidance (2026), the Early Years Foundation Stage (EYFS) Statutory Framework and the Early Years Inspection Toolkit (2026), which place a strong emphasis on safe sleeping arrangements, active supervision and staff understanding of safer sleep principles.	
Legal Framework	
This policy has due regard to guidance including, but not limited to, the following: DfE 'Keeping Children Safe in Education (KCSIE) The Children Act 1989 Early Years Foundation Stage Statutory Framework Early Years Inspection Toolkit (2026) DfE Safer Sleep Guidance (2026) This policy operates in conjunction with the following setting policies and procedures: Safeguarding and Child Protection Policy Health and Safety Policy Sick Child Policy Behaviour Policy	
Aims	
We aim to: • Ensure all children who require rest or sleep are kept safe at all times. • Maintain continuous supervision of resting or sleeping children. • Follow current safer sleep guidance and EYFS requirements. • Work in partnership with parents to meet children's individual needs. • Reduce risks associated with sleeping and resting within an early year's environment.	
Roles, Responsibilities and Training	
The setting will ensure staff are familiar with safer sleep guidance and their responsibilities for keeping children safe during sleep. All staff will be given a copy of the DfE's Safer Sleep Guidance and asked to read this policy during induction, they will also be required to complete appropriate 'Safer Sleep' training within 3 months. All staff are responsible for: • Implementing this policy consistently. • Maintaining appropriate supervision of resting and sleeping children.	

- Following safeguarding and welfare requirements.
- Understanding current safer sleep guidance.

The Trustees and Designated Safeguarding Lead (DSL) are responsible for:

- Monitoring implementation of this policy.
- Reviewing procedures regularly.
- Ensuring staff receive appropriate information, training and updates regarding safer sleep practice.

Safeguarding

Safer sleep is a safeguarding and welfare requirement. The setting recognises that effective supervision, risk assessment and safe sleeping environments contribute to protecting children from harm. The Early Years Inspection Toolkit (2026) specifically highlights the need for providers to demonstrate an understanding and implementation of statutory safer sleeping arrangements.

Our Procedures

Sleep and Rest Arrangements

As a setting for children aged 3–5 years only:

- We do not have a designated or routine sleep time during the day.
- Children are encouraged to engage in the full daily programme wherever possible.
- If a child becomes tired, distressed, unwell or requires a rest, staff will provide an opportunity for them to rest safely.
- A clean sleep mat will be provided.
- The child will rest in a designated safe area of the setting.
- The resting area will remain within the main learning environment or another area where the child can be seen and heard by staff at all times.
- Children will never be left unsupervised whilst resting or sleeping.
- Sleeping children will remain within sight and hearing of staff at all times.

The setting will ensure that sleeping children are supervised and frequently checked by staff. Staff will:

- Carry out regular visual checks of any sleeping child.
- Monitor the child's comfort, breathing, temperature and general wellbeing.
- Ensure the child remains in a safe position whilst sleeping.
- Record significant periods of sleep where appropriate.
- Seek medical advice or contact parents immediately if there are concerns about a child's health.

Safe Sleep Environment

These measures reflect the principles of the DfE's 'Safer Sleep Guidance' which highlights the importance of a safe sleeping surface, prevention of overheating and ongoing supervision.

When a child needs to sleep:

- Sleep mats will be clean, well maintained and suitable for purpose.
- The resting area will be free from hazards.
- Children will not sleep on sofas, beanbags or soft furnishings.
- A comfortable room temperature will be maintained.
- Adequate ventilation will be provided.
- Children's heads and faces will remain uncovered.
- Children will wear their normal clothing unless additional items need to be removed for comfort or safety.

Children Who Become Unwell

If a child becomes unwell during the session:

- Staff will assess the child's condition.
- The child may be offered a sleep mat and a quiet place to rest.
- Continuous supervision will be maintained.
- Parents/carers will be informed where appropriate.
- Medical attention will be sought immediately if staff have any concerns regarding the child's health or welfare.

Partnership With Parents

The setting will:

- Obtain information about any medical conditions, sleep needs or health requirements when children join the setting.
- Discuss any significant sleep-related concerns with parents/carers.
- Inform parents if their child has slept for a significant period during the day.
- Work collaboratively with families to meet individual needs safely.

Monitoring and Review

This policy will be reviewed **annually** or when there are any changes to current legislation and guidance. Any changes made to this policy will be communicated to all members of staff by the **Business Manager**.