



South Gosforth First School

'Roots to grow and wings to fly'

Safer Sleeping in the Early Years Policy

	Staff • Read it • Chance for feedback	FGB/Sub committee • Approved	Accessible • Website link saved
Review Date:	October 2026	October 2026	October 2026
Next Review Due:	October 2029 (or unless further guidance becomes available)		

Members of staff with responsibility:

- Mr Rob Bradley-Adams (Head Teacher)
- Miss Rachael Blackburn (Deputy Head Teacher and Head First Aider)
- Mrs Catherine Burnett (EYFS Lead)

Approved by:	The SGFS Governing Body
Approved Date:	October 2026
Review Frequency:	Annually
Next Review Date:	October 2029

South Gosforth First School – Safer Eating in the Early Years Policy

1. Introduction and Aims

In accordance with the Early Years Foundation Stage (EYFS) statutory framework and current Department for Education safer sleep guidance, South Gosforth First School are committed to providing a safe and appropriate sleep environment for any child who may require rest during the school day.

This policy underlines the approach in school to ensure safe sleeping practices are maintained throughout the setting through robust staff training, regular risk assessing and open communication with parents and among colleagues.

These practices have been put in place to enhance the awareness of safer sleep and to eliminate the risk of sudden infant death syndrome (SIDS) caused by a lack of awareness of safe sleep practices.

2. Relevant Guidance

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- Children Act 1989
- The Childcare (Disqualification) and Childcare (Early Years Provision Free of Charge) (Extended Entitlement) (Amendment) Regulations 2018
- DfE 'Keeping children safe in education'
- DfE 'Early years foundation stage statutory framework'
- NHS 'Sudden infant death syndrome (SIDS)' This policy also operates in conjunction with safe sleep guidelines published by The Lullaby Trust.

This policy operates in conjunction with the following nursery policies and documents:

- Nursery Safeguarding Policy
- Nursery Equipment Hygiene Policy
- Nursery Safe Sleeping Risk Assessment
- Early Years Policy

3. Roles and Responsibilities

The EYFS Lead will be responsible for:

- Ensuring that staff are well-trained and are clear on the procedures outlined in this policy.
- Ensuring that safe sleep procedures are designed in accordance with guidance from the NHS, Lullaby Trust and EYFS statutory framework.
- Ensuring staff are trained in paediatric first aid (PFA).

All staff will be responsible for:

- Familiarising themselves with the procedures and practices outlined in this policy.
- Monitoring children during sleep to ensure they are safe and comfortable.
- Ensuring that they are able to act on their training and are prepared to respond to emergencies.
- Being prepared to administer first aid if they are a PFA certified.
- Being aware of any children with medical or SEND requirements and how to meet their needs.

4. Ensuring a Safe Sleep Space

Although we do not have designated sleep times, if a child does fall asleep during the school day, they are placed to sleep safely and are supervised appropriately at all times.

When considering the creation of a safe sleeping space in the nursery, staff will maintain an awareness of both the physical and emotional aspects that ensure a safe and comfortable sleeping environment for children.

Staff will ensure that sleeping spaces are clear of items such as loose bedding, toys and pillows to minimise the risk of choking or smothering.

Staff will ensure that the sleeping environment is free from noise as far as is reasonably practicable.

The sleeping environment will be spacious, well-ventilated and arranged to allow for clear supervision.

Practitioners will check whether a child is too hot or too cold by feeling their chest or the back of their neck. If a child's skin feels clammy or sweaty, one or more layers of clothing or bedding will be removed. Staff will use their professional judgement during periods of extreme temperatures.

5. Supervision

All children will be frequently checked when sleeping and will always remain within the sight and hearing of staff.

Supervision will not involve children being continuously watched whilst they are sleeping; however, staff will remain in close proximity at all times to check up on each child and respond to any basic needs or emergencies.

Staff will regularly check each child's breathing and ensure that they are comfortable.

When a child awakes from their sleep, a member of staff will swiftly come to attend to them and remove them from the sleeping area.

6. Emergencies

In the event of an emergency occurring during a child's sleep, staff will take a rapid response and follow the school's emergency procedures.

At least one PFA certified practitioner will be present at all times to deal with emergency situations when they unfold.

Only PFA certified practitioners will be permitted to provide first aid, including sleep related first aid such as breathing difficulties and seizures.

The emergency services will be contacted as part of the school's emergency response. The nearest practitioner will dial 999 if a child:

- Stops breathing.
- Will not wake up.
- Is struggling for breath.
- Is stiff, shaking, or jerking.
- Displays sudden symptoms of pale, blue or grey colours on their lips, tongue, face or skin.
- Becomes limp, floppy or not responding as normal.

7. Sudden Infant Death Syndrome (SIDS) awareness

All Early Years staff will be aware of the safe sleeping practices that should be used to reduce and mitigate the risk of SIDS. Early Years staff will have a strong understanding of this policy. They will adhere to the procedures and controls set out in these documents and understand their importance in mitigating the risk of SIDS.

8. Monitoring and Review

South Gosforth First school is committed to making sure that this policy has a positive impact on pupils' welfare. When reviewing the policy, the school will take into account relevant advice from the DfE, the local authority and any other relevant organisations.

This policy was agreed by the Full Governing Body and will be reviewed every 3 years (unless new guidance or legislation becomes available).

Date of Review: October 2026

Date of Next Review: October 2029