



WEST BUCKLAND
PRIMARY SCHOOL
AND NURSERY

West Buckland Primary School and Nursery

Safe Sleep Policy

The Safe Sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at Nursery. This policy is based on requirements set out in the latest Early Years Foundation Stage statutory framework.

At West Buckland Primary School & Nursery we will ensure:

- Staff supporting and supervising children's sleep will be qualified and clearance checked employees.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met and promoted.
- Family's wishes, cultural preferences and religious beliefs are considered.
- Sleeping and resting in Nursery is a positive experience.
- Communication between the Nursery and the family is vital so that routines are established and agreed.
- Nursery staff will act according to the West Buckland Primary School & Nursery safeguarding policy and procedures at all times.
- Staff will encourage children to sleep in designated areas. West Buckland Primary School & Nursery promotes the use of beanbags for sleeping for children; however we aim to meet parental choice if they wish their child to sleep in a buggy.
- Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.
- Records are kept of all sleep using the Family app.
- Sleeping children will be monitored by staff every 10 minutes.
- Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep.
- Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

Parents and Carers need to:

- Parent and Carers must ensure they provide all relevant information with regards sleep for their child on entry to the Nursery and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.
- Parents are encouraged to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in Nursery. Prior to starting Nursery we discuss children's sleeping needs and routines with families to provide consistency for the child. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.
- If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.
- Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support of children who require further support and/or a specific care plan.
- Parents/carers need to ensure they actively engage with the Family app
- Parents/carers must ensure that their emergency contact details are kept up-to-date via MCAS.

Monitoring:

- Records will be checked periodically by the EYFS lead.
- The Headteacher and/or other SLT members will monitor compliance, health & safety, and record keeping.
- This policy will be reviewed by the Headteacher and Governing body annually.