



Ormesby Village Infant and Junior Schools Federation

Safer Sleep Policy 2026

Policy Statement:

The EYFS framework requires providers to take all necessary steps to keep children safe and well. It is important that early year's settings can provide safe sleeping environments for children, which means providing the right types and textures of furnishings, furniture and supervision and taking proactive steps towards safeguarding when a child falls asleep.

This policy contains updated wording provided by the DfE (released March 2026) and refers to the Early Years Foundation Stage (EYFS): Safer sleep requirements – Frequently Asked Questions (released April 2026).

The DfE plans to update the EYFS wording in September 2026, subject to parliamentary and legislative process. This links to the NHS safer sleep guidance (1) which providers should already be following.

At Ormesby Village Infant School, we aim to ensure that all EYFS children, notably the ones in the Reception class, have enough sleep to support their development and natural sleeping rhythms in a safe environment. The safety of children sleeping is paramount. Our policy follows the advice provided by the DfE, the Lullaby Trust and NHS to minimise the risk of sudden unexpected death in childhood (SUDC) in children over 12 months of age.

We make sure that all children are placed down to sleep safely, with every practitioner reading the NHS advice on sudden infant death syndrome (SIDS) and being made aware of the safer sleep guidance from The Lullaby Trust.

Sleeping Environment

As our youngest children are of Reception age, we do not directly schedule or encourage sleeping at school. However, we are aware that from time to time children for whatever reason may feel tired and need to sleep due to fatigue, additional/medical need or illness. If this occurs, we will provide a safe sleeping environment for all children by:

- Ensuring the child is moved to a separate space
- Only using suitable sleeping equipment (i.e. mats, sofas, bean bags) that are compliant with British Standard regulations. Should a sofa be used soft furnishings should be placed on the floor to protect a child from rolling off.
- Ensuring children are appropriately dressed for sleep to avoid overheating.
- Ensuring children's heads are not covered.
- Ensuring no extra items such as toys, pillows, extra blankets, bumpers, wedges or straps are used.
- Providing spaces around the child will be clear from hanging objects, i.e. hanging cords, blind cords, drawstring bags.
- Monitoring the sleep room temperature and ensuring it remains between 16-20C at all times, where possible.
- Ensuring children are always within sight and hearing of staff when sleeping, and are checked every 10 minutes.

Further considerations:

- Any bedding used will be cleaned, as required.

- We will transfer any child who falls asleep sitting with a practitioner to a safe sleeping area to complete their rest. A child may need to be woken to move to a separate and more comfortable place to continue to rest.
- In the event that any child who falls asleep in a buggy, pushchair or pram on the way to school, or in a minibus on the way back from a school visit, will be transferred to a safe sleeping surface to complete their rest on their return to school; coats, hats, extra clothing and blankets will be removed as soon as they are inside, even if this means waking them.

Where required, we ask parents to complete forms on their child's sleeping routine with staff when starting at our school. These are reviewed and updated termly. If a child has an unusual sleeping routine or a position that we do not use in Reception class, i.e. sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the child's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to provide written permission to adopt a different position or pattern for their child. Older children who fall asleep may find this position more comfortable as they are less likely to be at risk of Infant Death Syndrome.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep, unless we have been advised of a sleep time limit by parents. Individual sleep routines are followed where possible. We create an environment that helps to settle children that require a sleep, for example turning off the light, playing white noise/soft music where applicable. We will maintain the needs of the children who do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children. Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information if they do not receive enough sleep.

This policy was written by: Bradley Young

On: 2.9.2026

Date to be reviewed: September 2029 or before if required

Signed on behalf of the provider: Ormesby Village Infant School

Name of signatory: Bradley Young