



Christchurch Pre-School Nursery
London Road, Braintree, Essex, CM7 2LD
Manager – Mrs Claire Macklin
07905610843
Christchurchnursery2019@outlook.com

SAFE SLEEP POLICY

As a Nursery, we are committed to promoting safe sleep practices for all children to minimise the risk of SIDS (Sudden Infant Death Syndrome). We are also committed to ensuring all our Nursery staff are aware of safe sleep and that they read, adhere to and understand the guidance from the NHS and the Lullaby Trust.

Generally, we find that children in our Sunshine Room (aged 3-4) do not need sleep during their Nursery sessions.

Our children in Rainbow Room (aged 2-3) and Raindrops Room (aged 1.5 – 2.5) may need a sleep during their session and therefore we provide a safe sleep environment.

- *Children have their own sleep space.
- *Children sleep on a firm, flat, waterproof mat on the floor. This is wiped clean after each use and labelled with the date of purchase. Each mat has a clean, freshly washed sheet on, which is used for that child only and kept in a draw string bag with their blanket. All blankets and sheets are washed at the end of each week.
- *Children are placed on their backs to sleep.
- *Children's heads are uncovered. Blankets are firmly tucked below their shoulders.
- *Children should not get too hot or too cold. The recommended room temperature is between 16 and 20 degrees Celsius and this is monitored on a digital room thermometer.
- *Children are dressed appropriately for sleep, to avoid overheating. Outer clothing, e.g. coats, thick cardigans, boots etc, are removed.
- *Sleep environments are checked before placing children asleep, and toys and obstacles are removed.
- *Sleeping children are always within sight and hearing of staff. A member of staff remains in the room when children are sleeping if others have gone outside.
- *Sleep checks are completed and logged every 10 minutes, monitoring for breathing and temperature.

If a child falls asleep in a sitting / reclined position, e.g. in a pushchair on a trip, this position can fold the airway, making it difficult to breathe. Children would then be moved to the flat mattress on return to Nursery. A lie flat pram or pushchair should not be their main, separate sleep space.

Safe sleep posters are visible in Rainbow Room for staff and parents along with the Lullaby Trust's Safe Sleep Booklet on our notice board.

Safe sleep practices are included in Starter packs for parents and are discussed with new parents at our inductions.

Parents have access to our safe sleep policy on our website and in our policy books. We share the policy with parents via email before their child starts.

The Nursery will adhere to these safe sleep practices unless a doctor's letter specifies a different position for a child for medical reasons.

Should parents request a different / specific sleep arrangement, e.g in their pushchair, they will be informed that as per the Childcare Act 2006, we do not allow for any exemptions from the safeguarding and welfare requirements of the EYFS.

This policy was devised alongside direct guidance from the Lullaby Trust (2026 - info@lullabytrust.org.uk) and the Department of Education, EYFS Framework 2026.

This policy was formed & agreed at a meeting of Nursery Committee held in July 2026.

Signed:
Manager

Committee member