

Safer Sleep Policy

Setting Name: Golden Acorns

Date: September 2026

1. Statement of Intent

Golden Acorns is committed to providing a safe, calm and nurturing sleep environment for all children. We recognise that high-quality sleep practice is essential for children's wellbeing, development and safety. Our procedures follow current safe-sleep guidance to reduce risks and ensure that babies and young children sleep safely under consistent supervision.

We aim to ensure that all staff understand and implement safer sleep practices, that parents feel confident in our approach, and that sleep routines are responsive to individual needs while maintaining safety at all times.

2. Legal Framework

This policy is based on statutory guidance including:

· Early Years Foundation Stage (EYFS) Statutory Framework · Childcare Act 2006 · Health & Safety at Work Act 1974 · Lullaby Trust Safe Sleep Guidance

The setting follows EYFS requirements regarding supervision, ratios, environment safety and record-keeping.

3. Definition of Safer Sleep

Safer sleep refers to the practices, routines and environmental conditions that reduce risks during sleep, including risks associated with Sudden Infant Death Syndrome (SIDS), overheating, suffocation, entrapment or inadequate supervision.

Safer sleep applies to all sleep situations including naps, rest periods, cot sleep, sleep rooms and prams.

4. Sleep Environment & Equipment

We ensure that all sleep environments are safe, calm and compliant with safer sleep guidance:

- Babies sleep on a firm, flat mattress · No pillows, duvets, soft toys or loose bedding · Sleep sacks used where appropriate · Cots spaced safely for staff access · Room temperature maintained between 16–20°C · Blinds and cords kept out of reach · All equipment checked daily for safety

Children are never left unsupervised while sleeping.

5. Individual Sleep Needs

We work closely with parents to understand each child's sleep routine, comfort needs and any health considerations. Staff follow individual sleep plans while ensuring all safer sleep requirements are met.

Where a child's home routine conflicts with safer sleep guidance, staff will discuss this sensitively with parents and agree a safe approach within the setting.

6. Supervision & Monitoring

Staff maintain continuous supervision of sleeping children. This includes:

- 10-minute physical sleep checks · Visual monitoring at all times · Recording sleep times and checks · Ensuring staff ratios are maintained · Responding promptly to any signs of distress

Checks include breathing, position, comfort, temperature and general wellbeing.

7. Recording Sleep

Sleep records include:

- Time child fell asleep · Time child woke · Sleep check intervals · Any concerns or observations · Any changes to routine

Records are stored securely and shared with parents daily.

8. Managing Concerns or Incidents

Any concerns relating to sleep safety, equipment or environment are reported immediately to the manager. Incidents are recorded and investigated in line with EYFS and health & safety procedures.

Where a child shows unusual sleep behaviour or distress, parents are informed promptly.

9. Staff Training

All staff receive training in:

· Safer sleep guidance · SIDS risk reduction · Sleep room supervision · Temperature monitoring · Emergency response procedures

Training is refreshed annually or sooner if guidance changes.

10. Parent Partnership

We work collaboratively with parents to support safe sleep routines. Information about our safer sleep procedures is shared during induction and available on request.

Parents are encouraged to discuss any sleep concerns or changes in routine with staff.

11. Confidentiality

Sleep records and any related concerns are handled sensitively and stored securely in line with data protection requirements. Information is shared only with staff involved in the child's care.

12. Monitoring & Review

Sleep practices and records are reviewed regularly to ensure consistency, safety and compliance with EYFS and safer sleep guidance. This policy is reviewed annually or sooner if guidance changes.