

WHITLEY LODGE UNDER FIVES

SAFER SLEEP POLICY

Although children do not have a planned sleep routine in playgroup, we understand that sleep supports young children's development and we therefore ensure a safe sleeping policy is in place.

Our policy has been developed in line with advice provided by Lullaby Trust to minimise the risk of Sudden Infant Death (SUDI) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework 2026.

Prior to a child falling asleep, a risk assessment will be conducted to ensure any hazards are removed from the sleep space and to ensure the environment is safe and secure.

To promote safe sleep on every occasion practitioners will ensure:

Young children are placed on their backs to sleep.

Young children will always sleep in a space where an adult is present in the room, they are never left unsupervised. ·

Physical checks are completed and recorded every ten minutes.

When monitoring the young child's welfare, we will look for the rise and fall of the chest and if the sleep position has changed.

Provide a safe sleeping environment by: ·

Using a floor mattress and a clean fitted sheet and ensuring the child is appropriately dressed for sleep to avoid overheating.

Keeping all spaces and bed clear from potential hazards for example, drawstring bags & plastic bags.

Heavy clothing will be removed.

Hair accessories that may come lose or detach are removed.

Carry out checks on the condition of sleeping equipment at each use and take action if they are damaged or unsafe to use.

Further guidance www.lullabytrust.org.uk/safer-sleep-