



St Hilary's Prep School Policy

EYFS Safer Sleep and Procedures Policy

School Ethos

At St Hilary's School, we aim to create a happy, caring environment in which children develop self-confidence and independence and are encouraged to be considerate and show respect for others, while reaching their true potential. We actively promote democracy, the rule of the law, individual liberty and mutual respect of those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer, as does our School Motto 'Not for oneself but for all.'

At St Hilary's School the safety, well-being, and lives of the children in our care are paramount. This policy ensures full compliance with the statutory safeguarding and welfare requirements of *The Early Years Foundation Stage (EYFS) Statutory Framework 1st September 2026, Sleeping arrangements p.40 3.86*. We adhere to evidence-based practices to minimise the risk of Sudden Infant Death Syndrome (SIDS) and ensure a safe, peaceful sleep environment for all infants and young children.

Statutory Sleep Positions and Environment

- **Back to Sleep:** All children **must** be placed flat on their backs to sleep for every nap, unless there is a certified medical exemption provided in writing by a paediatrician. Children over 2 years of age can find their own comfortable position, provided they can roll over confidently both ways, while maintaining regular 10-minute checks.
- **Mattress Standards:** Every child must have a designated, clean, firm, flat, and waterproof mattress that lays on the floor. The Mattress will be cleaned using compliant cleaning products after each child's sleep.
- **Clear Sleep Mat Policy:** Sleep mats must remain entirely clear. **Strictly prohibited items** include:
 - Pillows or cushions
 - Soft toys, comforters, or sleep positioners/wedges
 - Loose or heavy blankets -only lightweight cellular blankets are to be used.
- **Foot-to-Foot Position:** If using a lightweight cellular blanket, the child must be placed with their feet touching the bottom of the sleep mat, with the blanket tucked in firmly no higher than their armpits.

Supervision and Physical Monitoring Protocols

- **Over 6 Months:** Children must be kept within sight or hearing at all times. Physical, in-person checks must occur at a minimum frequency of every **10 minutes**.
- **Physical Check Routine:** Staff members conducting checks must visually inspect and document:
 - The rise and fall of the chest (breathing)
 - Skin colour and signs of overheating (sweating, flushed cheeks, damp hair)
 - The child's sleep position (if they have rolled onto their stomach and cannot roll back, staff must gently return them to their back)

Room Conditions and Climate Control

- **Temperature:** The sleep room temperature must be maintained strictly between **16°C and 20°C**.
- **Monitoring:** A working digital room thermometer must be clearly visible in the sleep area. Room temperatures must be logged on the daily sleep chart every hour.
- **Ventilation:** The room must be well-ventilated, keeping sleep mats away from direct sunlight, open windows, radiators, or air conditioning drafts.

Transitioning from Travel Spaces

- If a child arrives at St Hilary's school asleep in a car seat, pram, or stroller, staff must **immediately transfer** them to a compliant sleep mat.
- If an emergency requires a child to sleep temporarily in a non-standard environment (e.g., a pushchair during an outdoor evacuation drill), an adult must maintain **uninterrupted, continuous visual line-of-sight** supervision.

Partnership with Parents

- **Consistency:** We share our safer sleep policy with parents during enrolment. We do not accommodate parental requests that contradict this policy (e.g., requests for a child to sleep on their stomach or with a pillow), as we are legally bound by EYFS statutory requirements 1st September 2026.
- **Information Sharing:** Parents will receive daily digital logs detailing exactly when their child slept, for how long, and any notable observations during sleep checks, this will be shared on our online platform Tapestry.

Staff Training and Accountability

- All EYFS at St Hilary's School practitioners must complete mandatory safer sleep training during induction and via annual refreshers and Practitioners must read NHS advice on Sudden infant death syndrome (SIDS) – NHS.
- All EYFS practitioners will keep a daily Safer Sleeping Record on all children who sleep within the School day, at the end of each daily sleep session this document is to be double checked and signed off by either a Room Leader, Deputy of EYFS or Head of EYFS and Pre-Prep. This document will then be stored in the locked Kindergarten Office.
- Any staff member who observes a breach of this policy (e.g., a toy left on a sleep mat) can refer to the St Hilary's School Whistle Blowing Policy and is required to rectify it immediately and report it to the Designated Safeguarding Lead (DSL) Mark Parton or Julia Ranger (DDSL) or Louise Robins (DDSL) immediately.

Policy Date: July 2026

Next Review Date: July 2027

Read & Shared: With all EYFS staff at St Hilary's School

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