Newburn Manor Nursery School



Monkchester Road Nursery School



Ashfield Nursery School

Newcastle Nursery Schools' Federation
Safe Sleep Policy and Procedure
October 2026
To be reviewed Annually – October 2027

At Newcastle Nursery Schools' Federation, we understand that quality sleep plays a crucial role in young children's cognitive, emotional, and physical development. We recognise that each child has their own sleep routine, and we work closely with parents and carers to ensure a consistent and comforting approach to sleep both at home and in the nursery.

Before a child's first day at nursery, parents and carers will be asked to share details of their child's sleep routine, including typical nap times, duration, and any settling techniques used at home. If there are any changes to this routine, we ask that these are communicated to the nursery as soon as possible. We will inform parents and carers of their child's sleep times at the end of each session.

In general we do not have many children who need to sleep/fall asleep. Often if children do then this may be they are feeling unwell and parents will be called.

We follow NHS safer sleep guidance and ensure that:

- **Supervision & Checks:** Children are within sight or hearing during rest periods, and frequent physical monitoring checks are documented by staff.
- **Environment:** We maintain a safe, comfortable environment needed for a 2-4 year old to sleep.

Statutory Guidance

While the most rigorous, "zero-tolerance" statutory revisions are legally directed at children under two, specific operational and legal standards govern the sleep and rest routines for **2-to-4-year-olds** in a nursery school setting.

Safe Sleep Procedures

At Newcastle Nursery Schools' Federation, we give careful thought to the safest location for sleep, considering the bed itself, room temperature, potential hazards that need to be out of reach and how we will monitor each child.

- All sleep mats used will be flat, firm, waterproof, and maintained in good condition. Children will not be placed to sleep on sofas, beanbags or cushions.
- Light blankets will be used, these must be tucked in securely below the shoulder line. No comforters will be allowed unless they are noted in individual care plans.
- Sleep spaces are positioned safely and appropriately within the setting. Potential hazards such as blind cords, plastic bags, or other strangulation risks will be kept well out of reach.
- We aim to maintain a recommended room temperature of between 16°C and 20°C, avoiding exposure to direct sunlight, draughts, and heat sources. Thermometers are used to monitor and regulate the temperature to ensure a safe and comfortable sleep environment.
- Care is taken to prevent overheating. Children will not sleep in outdoor clothing or coats.
- Children are closely monitored during sleep and remain within sight and hearing at all times. Additionally, each child is checked on in person every 10 minutes while sleeping, this is recorded on a child's individual sleep sheet. Visual checks must confirm:
    - Breathing is normal
    - Skin colour is healthy
    - Sleeping position is safe
- Children will not be allowed to sleep longer than one hour, they will be gently woken and allowed to wake naturally without disturbance.
- After each sleep, sleep mats will be thoroughly wiped down and bedding changed.
- All staff are trained to call 999 immediately if a child is unresponsive, has difficulty breathing, appears severely disoriented, or experiences a seizure.

In addition to following safer sleep procedures within our setting, we strive to provide families with the knowledge they need to make informed choices about their child's sleep routines at home. If parents' or carers' preferences conflict with safer sleep guidelines, we will address these concerns individually and work collaboratively on a case-by-case basis.

Children with Medical Needs

Children with pre-existing health needs will have an individual sleep plan, developed using information provided by parents. This plan will guide staff on specific procedures to follow during sleep times and include any additional or specialised checks required.