

Ducklings Preschool at Tranmere Park Primary School

Safer Sleep Policy (3–4 Year Olds)

Policy Statement

At Ducklings Preschool, we recognise that some children aged 3–4 years may require rest or sleep during the preschool day. We are committed to providing a safe, comfortable and supervised environment for all children who sleep or rest whilst in our care.

This policy reflects current guidance from the Department for Education, the Early Years Foundation Stage (EYFS) and The Lullaby Trust, and aims to minimise risks associated with sleeping whilst ensuring children's individual needs are met.

Aims

We aim to:

- Provide a safe sleep environment for children who require sleep or rest during the preschool day.
- Work in partnership with parents and carers to meet children's individual sleep needs.
- Ensure all staff understand their responsibilities in relation to safer sleep practices.
- Maintain appropriate supervision of sleeping children at all times.
- Promote children's health, wellbeing and safety.

Sleep Arrangements

Children who require sleep will be provided with:

- Their own designated sleep mat, mattress or sleep space.
- A clear, flat and firm sleeping surface.
- Adequate space between sleeping children.
- Appropriate room temperature and ventilation.
- A calm, quiet environment suitable for rest.

Children will not sleep on sofas, beanbags, soft furnishings or unsuitable surfaces.

Supervision

Ducklings Preschool will ensure that:

- Sleeping children remain within sight and hearing of staff at all times.
- Sleeping children are frequently checked. Visual checks will be recorded where appropriate, in accordance with the preschool's agreed procedures.
- Staff monitor children's comfort, temperature and wellbeing throughout their sleep period.
- Any concerns regarding a child's breathing, responsiveness or wellbeing are acted upon immediately and reported according to safeguarding procedures.

Staff Training

All staff will:

- Be familiar with this Safer Sleep Policy.
- Receive appropriate information and guidance regarding safer sleep practices.
- Follow safeguarding procedures should any concerns arise.
- All practitioners will read and remain familiar with current NHS advice on sudden infant death syndrome (SIDS).

Monitoring and Review

This policy will be reviewed annually or sooner if guidance, legislation or best practice changes.

Policy adopted by: Ducklings Preschool, Tranmere Park Primary School

Date adopted: September 26

Review date: September 27

Signed Preschool Lead: 

Signed (Headteacher): 