**Abbeymead Under 5’s Playgroup Safe Sleep Policy**   
  
This policy outlines the safe sleep practices and procedures followed at Abbeymead Under 5’s Playgroup, ensuring the well-being of children aged 2-5 years during sleep or rest periods. We are committed to providing a safe and comfortable sleep environment, in compliance with **FIS** safer sleep guidelines for early years settings.

**Safe Sleep Environment**

We ensure a safe sleep environment for each child by:

* **Supervised Sleep:** Children will always be supervised during rest or sleep periods by a member of staff.
* **Safe Sleep Space:** Children will sleep on individual, appropriate sleep mats that meet current safety standards. The area will be well-ventilated and kept at a safe temperature between 16°C and 20°C, in accordance with FIS recommendations.
* **Positioning for Sleep:** Children will be placed on their backs to sleep, in line with FIS and other current safer sleep guidelines. Any child who requires an alternative sleeping position due to medical reasons will have written advice from a healthcare professional, which will be followed by staff.

**Safe Sleep After Transport (e.g., Car Seats or Pushchairs)**

For children who are transferred from car seats or pushchairs:

* **Transfer Protocol:** Children who arrive in car seats or pushchairs will be transferred to a safe sleep space, sleep mat. Children will **not** be allowed to sleep in a car seat or pushchair, as these are not considered safe sleeping environments.
* **Safe Transition:** Staff will gently move the child from the car seat or pushchair to the appropriate safe sleeping space in a calm and secure manner. This ensures that children are settled into a proper sleeping posture and are not left unsupervised during the process.

**5. Supervision and Monitoring**

* **Continuous Supervision:** All children will be continuously supervised while sleeping or resting. Staff will make regular visual checks to ensure the child is sleeping safely every 10 minutes and recorded on a Sleep Log
* **Monitoring Safety:** Each child will be positioned to sleep safely, and their condition will be checked frequently to ensure they are comfortable and not at risk of suffocation or overheating.
* **Temperature Monitoring:** The temperature of the sleep area will be regularly checked to ensure that it stays within the recommended range (16°C to 20°C) to prevent overheating.

**Parent/Guardian Communication**

* **Sleep Preferences:** Parents or guardians are encouraged to share their child’s typical sleep routine and any special preferences or needs with staff, so we can create the best possible sleep environment for each child.
* **Health Information:** Parents are asked to inform us of any health conditions that may impact their child’s sleep, such as respiratory issues or reflux, so we can implement any necessary special care procedures.
* **Daily Records:** A daily record of each child’s sleep times, duration, and activities during rest periods will be kept. Parents may review this record on request.

**Policy Review and Compliance**

* **Annual Review:** This policy will be reviewed annually to ensure it remains compliant with the latest FIS safer sleep guidelines and other regulatory requirements.
* **Ongoing Training:** All staff will receive regular training on safe sleeping practices and guidelines as part of their ongoing professional development.
* **Compliance:** All staff are required to adhere to this sleep policy. Any concerns regarding sleep practices or safety will be addressed immediately in line with safeguarding protocols.

**Signed by:**  
Natalie Maskill

Natalie Maskill Manager 04/06/2025

**Key Points Summary:**

* **Children will not sleep in car seats or pushchairs.**
* **Supervision and regular checks** will be maintained during sleep or rest periods.
* **Children will sleep on their backs** on safe mats , with lightweight bedding if needed
* **Temperatures will be monitored** to ensure a safe sleep environment.
* Parents should provide information about their child’s sleep routine and any health concerns.