



Colyton Caterpillars Early Education Early Years Safer Sleep Policy

This policy was agreed by trustees/staff:	
Date of last review:	Aug 2026
Date of next review:	May 2027
Reviewed by:	K.Clode

Policy Statement

This setting is committed to ensuring that all babies and young children are provided with a safe sleep environment in accordance with the statutory requirements of the Early Years Foundation Stage (EYFS) and current safer sleep guidance (updating 01/09/2026).

Statutory Requirements and Guidance

We adhere to the EYFS statutory framework and follow recognised safer sleep guidance, including that promoted by The Lullaby Trust, to minimise the risk of Sudden Infant Death Syndrome (SIDS).

Safe Sleep Practice

- All babies are placed to sleep in a safe, separate sleep space such as a cot or a firm flat mattress, with a fitted sheet. Mattress checked re-guidance, waterproof cover in place and wiped after each sleep
- Babies are placed on their back to sleep, unless there is documented medical advice stating otherwise.
- Sleep environments are kept clear of soft items, including pillows, duvets, toys and cot bumpers.
- The room temperature is maintained between 16–20°C and monitored.
- Sleeping babies are allowed to sleep when they are tired and allowed to wake naturally.

Use of Equipment (Pushchairs, Car Seats, etc.)

- Babies are not routinely permitted to sleep in pushchairs, buggies, car seats or other inclined equipment, but can be rocked or taken for a walk in them.
- Where a child falls asleep in such equipment, they are transferred to a cot or other flat sleep surface without delay, where it is safe to do so.
- Any exceptional use is risk assessed, must be fully lie-flat, and subject to continuous supervision.

Supervision and Monitoring

- Sleeping children are kept within sight and hearing of staff at all times, in line with EYFS requirements.

- Babies are subject to regular checks to ensure their safety and well-being and a camera in place to monitor and staff have monitor on them at all times so babies and children in constant sight or hearing.
- For babies under 6 months, a member of staff will remain in the same room for the duration of sleep
- Staff remain vigilant and respond immediately to any changes in a child's condition.

Staff Deployment and Ratios

- Staffing arrangements ensure that:
 - EYFS statutory ratios are maintained at all times
 - Sleeping children are effectively supervised
 - The care and supervision of awake children is not compromised
- A minimum of one suitably deployed staff member may supervise sleeping children where all EYFS requirements are met.

Partnership with Parents

- Parents/carers are consulted regarding their child's sleep routines.
- Any agreed variations or medical requirements are clearly documented and adhered to.
- Safe sleep guidance is shared with families to promote consistency between home and setting. Information on our website and sent to parents by email

Training and Monitoring

- All staff receive regular safer sleep training and updates
<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>
<https://www.lullabytrust.org.uk/>
- Practice is monitored through supervision, risk assessment and regular policy review.
- The setting ensures continuous compliance with EYFS safeguarding and welfare requirements.

This policy forms part of the setting's safeguarding procedures and is reviewed regularly in line with statutory guidance and best practice.