



Safer Sleep Policy

At Clapham & Clapham Park Montessori the safety of children sleeping is paramount. As the majority of children attending Clapham & Clapham Park Montessori attend for only part of the day, relatively few children sleep regularly at nursery and, as such, sleep does not form part of the daily routine for most children. However, we recognise that children may require a sleep or rest period while in our care and we are committed to providing a safe, comfortable and appropriate environment for any child who sleeps at nursery. All sleep arrangements and practices will follow current Early Years Foundation Stage (EYFS) requirements and safer sleep guidance, ensuring that children are appropriately supervised and that their individual needs are considered at all times.

We make sure that all children are placed down to sleep safely, with every practitioner reading the NHS advice on sudden infant death syndrome (SIDS)¹ and the Department for Education's article for early years practitioners on safer sleep², and being made aware of the safer sleep guidance from The Lullaby Trust³.

Toddlers under two years old

Practitioners ensure that children, particularly those under two years old, are placed down to sleep safely. For toddlers under two years old, we consistently put into practice safe sleeping arrangements, including ensuring that:

- Children aged between 12 months and 2 years old are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a mattress on the floor. If, however, a child independently changes position during sleep, staff do not reposition them unless there is a safety concern
- Children are monitored visually when sleeping by looking for the rise and fall of their chest and if their sleep position has changed
- Children are always within sight and hearing of staff when sleeping.

Sleeping environment

We provide a safe sleeping environment for all children by:

- Ensuring every child has their own separate sleep space
- Positioning children head to toe to reduce the spread of infection when more than one child is sleeping in a room
- Using a firm flat surface such as a mattress on the floor
- Using a firm, flat, waterproof rest mat, a clean fitted sheet and lightweight bedding (e.g. a cotton cellular blanket) which is firmly tucked in around the child below their shoulders to prevent head covering
- Ensuring every child is provided with clean bedding. We have one clean set of bedding available in each classroom for occasional use. For children who

¹ <https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

² <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>

³ <https://www.lullabytrust.org.uk/>

regularly sleep whilst at nursery, we ask parents to provide a fitted sheet and cotton cellular blanket (clearly labelled with their child's name) for use at nursery. All bedding belonging to the nursery is washed whenever it is soiled, but at least once a week and before being used by another child. Fitted sheets and blankets provided by parents are sent home at the end of each week (or before that if soiled) to be washed before being returned to nursery

- Regularly checking the rest mats to ensure that they remain firm, flat, waterproof, clean and in good condition (with no rips or tears), and replacing them if they are damaged or no longer suitable
- Ensuring children are appropriately dressed for sleep to avoid overheating
- Ensuring children's heads are not covered
- Removing any hair accessories that may come loose or detach
- Ensuring no extra items such as toys (other than a small, suitable comforter where this forms part of the child's usual sleep routine, provided that it does not present a safety risk), pillows or extra blankets are used
- Keeping all spaces around mattresses clear from hanging objects, i.e. hanging cords, blind cords, drawstring bags
- Keeping the room well ventilated
- Ensuring children are always within sight and hearing of staff when sleeping, and are checked every 10 minutes. Checks include observing their breathing, sleep position, that their head and face remain uncovered, and that they are not showing signs of being too hot, cold or unwell.

We will transfer a child who is brought into nursery while sleeping, such as in a pushchair, sling, carrier or car seat, to a safe sleeping surface to complete their rest. Coats, hats, extra clothing and blankets will be removed as soon as they are inside, even if this means waking them. If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

We ask parents to provide information about their child's sleeping routine when starting at nursery. We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than having one set sleep time for all children. We create an environment that helps to settle children who require a sleep, for example dimming the lights or closing the curtains, where applicable. We will maintain the needs of the children who do not require a sleep and ensure they can continue to play, learn and develop.

Staff will inform parents when they collect their child if their child has slept during the day, including the length of time they slept and the time at which they woke.

Policy adopted:	Signed on behalf of the nursery:	Date for review:
September 2026	Ros Bowles and Lucía Gómez-Santana	September 2027