

Ellergreen Nursery School and Childcare Centre Guidelines for Safe Sleep Policy

Mission Statement

Our childcare and nursery school community is dedicated to teaching every child to be a happy, confident and independent learner. We create a caring, inclusive and enriching environment where each child feels safe, supported and valued.

Aims of the guidelines

Some children in our two-year-old provision will still need a daily nap. This will be based on the parents' requests, who will communicate the specific nap times either written on their 'All About Me' or during their settling-in session. There will be no set sleep patterns of the children in our Nursery School, however we will always act in the best interests of the child. In the event of a child falling asleep whilst in childcare/nursery, the following applies.

Procedures and Protocols

Our procedures for sleep arrangements will follow advice from The Lullaby Trust Safer Sleep Guidance, Sudden Unexplained Death in Childhood Foundation UK (SUDC) and The Early Years Foundation Stage Statutory Framework 2026

- Children will sleep on a suitable mat that is firm, flat. Clean. Waterproof and in good condition with bedding that is appropriate and regularly cleaned;
- Sleep mats will be positioned in a suitable area where children can be always seen and heard by staff.
- Pillows, cot bumpers, wedges, straps, soft toys, loose bedding and any extra items will be avoided
- Staff will ensure sleeping spaces are free from hazards;
- Children will be checked visually during sleep at least every 10 minutes;
- Checks will be recorded on Famly App and at no time will records be completed retrospectively;
- Children from the age of two will be supported to rest safely according to their age and developmental needs.
- Rooms will be maintained at a comfortable temperature and thermometers are available where children may sleep.
- Staff will not let children get too hot.
- Staff will not cover children's heads.
- Parents are notified of any sleeps via the Famly app.

- All staff have received Paediatric First Aid training, which covers resuscitation.

URGENT MEDICAL ATTENTION is needed if a child:

- stops breathing or goes blue;
- is unresponsive and shows no awareness of what is going on;
- has glazed eyes and does not focus on anything;
- cannot be woken;
- has a fit.

Even if the child recovers without medical attention, we will still gain medical advice

Sudden and Unexpected Death in Childhood Procedure (SUDC)

Whoever finds a child should assess the situation, if the child is found to be not breathing **RESUSCITATION SHOULD COMMENCE IMMEDIATELY.** Call for another member of staff to inform the Leadership Team.

1. A member of the Leadership Team will dial 999 for an ambulance and try to establish which hospital the child will be taken to. If possible, a second member of the Leadership Team should contact their parents immediately. If not, parents should be called once a phone conversation with 999 operators has ended.
2. A staff member should be designated to go outside and guide the ambulance onto the premises and confirm which hospital the child will be taken to.
3. Staff should remove the remaining children from the room ensuring the room is left as it was prior to the incident, i.e. bed, windows, etc. Remaining children should be reassured, comforted, and continue with nursery activities.
4. Parents should travel in ambulances with children. If they are unable to get to the site on time, then a staff member should accompany the child. Depending on whether the incident has occurred in the Nursery School or Childcare Centre, further members of the Leadership Team should be informed and attend the appropriate site immediately to support staff and speak to parents / carers arriving to collect their own children. Parents / carers should be informed that an incident has occurred, and their child may be distressed but not to discuss the incident. The Headteacher and Childcare Manager / Deputy Manager will support each other in contacting Ofsted and the Safeguarding Unit.
5. Once cover at the site has been arranged, the Nursery Manager/Headteacher should follow the ambulance to the hospital with the staff member who raised the alarm taking the child's relevant information (sleep chart, medication record etc).

6. **AT THE SETTING:** The room where the incident has occurred should be left untouched and closed off due to possible police investigation. As soon as possible, all staff involved should complete a written report with regard to the incident. Copies should be sent to Headteacher, and a copy should remain on file in the nursery.
7. **AT THE HOSPITAL:** If SUDC has happened, Nursery staff should remain at the hospital until they are directed otherwise by the police.

SUDC Procedure on Return to the Nursery

1. On returning to the nursery, a member of the Leadership Team will ensure that all information relating to the incident is accurately recorded. This information will then be shared with the relevant professionals.
2. A member of the Leadership Team will ensure that all staff who were off duty at the time of the incident are informed at the earliest opportunity.
3. A written report/statement will be required from all staff present at the time of the incident.