Poppets Pre-School

Safe Sleep Policy

Aims:
Whilst most children do not sleep during their time at Poppets due to their age or length of session time, Poppets Pre-School identifies the need for children to be kept safe whilst sleeping. On the occasions that children do need a sleep the following procedure will be followed:

- Children will be given a sleep mat to lie on in a quiet area within the pre-school. The sleep mat will be clean and will have a new fitted sheet which will be removed and washed following use. The sleep mat will be cleaned after every use.
- A member of staff will comfort the child eg by sitting with them, singing or reading to them until they are asleep. At no point will a child be forced to lie down or sleep if they do not want to sleep. Children will always be put down to sleep on their backs.
- The child's warmer clothes (eg cardigans, sweatshirt) will be removed and the child will be covered with a blanket, tucked beneath their arms. The blanket will be washed after use. At no time will children be placed by a radiator or open window/door, nor will the child's head be covered.
- A member of staff will be present in the room at all times and will carry out regular checks on the sleeping child, monitoring their breathing and checking the rise and fall of their chest every 10-15 minutes. A record of these checks will be kept and signed by the member of staff monitoring the child.

This policy was adopted on: …… (date)

Signed on behalf of the pre-school: ……(owner)

Date for review: August 2026 (annually)