



Chatham Nursery School Guidelines for Safe Sleep Policy

Mission statement

Our 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.

Aim of the guidelines

In the event of a child falling asleep whilst in nursery, the following applies.

Our procedures for sleep arrangements will follow advice from Sudden Unexplained Death in Childhood Foundation UK (SUDC) to ensure we comply with current guidance.

- We will meet the individual sleep patterns of the children in our care.
- There will be no set sleep times for any child/children. We will always act in the best interests of the child.
- We will lay children on their back to sleep.
- We will not let children get too hot.
- We will not cover children's heads.
- Thermometers are available in all rooms where children sleep. (18°C (65°F) is comfortable according to recommendation).
- We will record sleeps using the Tapestry app. Sleep checks will be completed every 10 minutes, which will also be logged on the app; these checks are important and need to be adhered to.
- Parents will be notified of any sleeps during collection.
- At no time will records be completed retrospectively.
- We will not use lie back prams/buggies. We will share with parents /carers the detrimental effect of sleeping in a lie back pram/buggy.
- The Leadership Team will be immediately informed if signs of SUDC take place. Leadership Team will call for an ambulance.
- All staff have received Pediatric 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.

Policy Review

This policy was ratified on 26th November 2025 This policy will be reviewed every two years as a minimum. The next review date is November 2027.

In between updates, the policy will be updated when necessary to reflect local and national changes. Any personnel changes will be implemented immediately.