



Safe Sleep and Rest Policy

Document Control

Version	Date Approved	Approved By	Summary of Changes	Next Review Date September 2027 (or when statutory guidance changes)
1.0	July 2026	Trust Board	Initial policy	



1. Purpose

Truro and Penwith Academy Trust is committed to ensuring that all children sleep and rest safely whilst in our care and that safer sleep practices are an important factor in reducing the risk of Sudden Infant Death Syndrome (SIDS), suffocation, overheating and other sleep-related harm.

This policy sets out how the Trust will:

- Promote safe sleep and rest practices for all children.
- Meet the requirements of the EYFS Statutory Framework and current safer sleep guidance.
- Work in partnership with parents and carers to minimise risks associated with sleep, including Sudden Infant Death Syndrome (SIDS).
- Ensure staff are trained and competent in safer sleep practices.

The TPAT Safe Sleep Procedures will be used in conjunction with this policy.

2. Scope

This policy applies to all staff, volunteers and students working with children across Trust early years provision.

The policy should be read alongside the Trust's:

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- First Aid Policy
- Safe Sleep Procedures
- Individual Care Plans and Risk Assessments.

3. Principles of Safe Sleep

The Trust will ensure that:

- Every child has a safe, suitable sleep or rest environment.
- Babies and children are placed down to sleep safely.
- Sleep spaces are maintained in line with current safer sleep guidance.
- Sleeping children are appropriately monitored.
- Parents are consulted regarding children's sleep routines and individual needs.
- Staff receive safer sleep training and induction.
- Individual risk assessments are completed where required.

4. Mandatory Requirements for Children Under Two

The Trust requires that:

- Children are placed on their backs to sleep.
- Children have their own separate sleep space.



- Babies aged one year and under sleep only in a cot.
- Sleep spaces contain only a firm, flat mattress and appropriate bedding.
- Pillows, cot bumpers, wedges, sleep positioners, loose blankets, toys and similar items are not used.
- Children's heads remain uncovered during sleep.
- Sleep environments are maintained at a safe temperature.
- Sleeping children remain within sight or hearing of staff and are checked regularly.
- Any alternative sleep arrangements are supported by appropriate healthcare advice and recorded through risk assessment procedures.

5. Individual Needs and Risk Assessment

The Trust recognises that some children may have individual medical, developmental or care needs.

For all children under two years of age:

- A safer sleep discussion will take place with parents.
- Information regarding sleep routines and health needs will be recorded.
- Individual risk assessments will be completed where additional risks are identified.
- Healthcare advice will be followed where alternative sleep arrangements are required.

6. Monitoring Sleeping Children

The Trust requires sleeping children to be monitored appropriately according to their age, needs and environment.

For children under two:

- Sleep checks will be completed at least every ten minutes.
- Checks will include observation of breathing, wellbeing and temperature.
- Monitoring records will be maintained.

7. Training

The Trust will ensure that:

- Relevant staff complete safer sleep training.
- New staff receive safer sleep guidance during induction.
- Staff understand sleep monitoring requirements and emergency procedures.

8. Roles and Responsibilities

Trustees

Trustees will:

- Approve and review this policy.



- Seek assurance that safer sleep requirements are implemented across Trust settings.

Headteachers and Nursery Managers

Headteachers and Nursery Managers will:

- Implement and monitor safer sleep arrangements.
- Ensure staff training is completed.
- Complete audits and address identified actions.

Staff

Staff will:

- Follow safer sleep procedures.
- Undertake required training.
- Report concerns immediately.
- Complete all required monitoring and record keeping.

9. Emergency Response

If a child becomes unresponsive or appears seriously unwell, staff will follow Trust emergency procedures, administer appropriate first aid, summon emergency assistance and notify parents immediately.

10. Monitoring and Review

The Trust will monitor compliance through:

- Setting self-audits.
- Management reviews.
- Trust safeguarding and EYFS audits.
- Validation visits.
- Reviews following incidents, complaints or near misses.

Failure to follow these procedures may result in disciplinary action.