

Carly's Angels Childminding

Sleep & Safer Sleeping Policy

Date: 26 February 2026

1. Statement of Intent

Carly's Angels recognises that sleep and rest are vital for children's physical health, emotional wellbeing and development. This policy is written in line with the EYFS Statutory Framework (2023), the Ofsted Early Years Inspection Handbook, and current UK safer sleep guidance. We are committed to ensuring all sleep arrangements minimise risk and promote safety.

2. Legal Framework

This policy is informed by:

- EYFS Statutory Framework 2023 (Safeguarding and Welfare Requirements)
- Ofsted Early Years Inspection Handbook (latest framework)
- UK Safer Sleep Guidance for Babies
- Health and Safety at Work Act 1974

3. Safer Sleep Procedures

To reduce risks, the following procedures are always followed:

- Babies are placed on their back to sleep unless written medical advice states otherwise.
- A firm, flat mattress is used at all times.
- Sleep spaces are free from pillows, soft toys, loose blankets, cot bumpers or cushions.
- Room temperature is maintained at a safe and comfortable level.
- Children's faces remain uncovered and clear.
- Sleep positions are monitored and recorded.

4. Supervision & Monitoring

- Sleeping children are visually checked at regular intervals.
- Sleep checks are recorded, including time placed to sleep and time woken.
- Children are never left unsupervised during sleep periods.
- Any concerns regarding breathing, temperature or wellbeing are acted upon immediately and parents informed.

5. Individual Sleep Routines

We work in partnership with parents to understand each child's sleep routine. Adjustments are made sensitively to support individual needs. Children with medical conditions require written guidance from a health professional and an agreed care plan.

6. Bedding & Hygiene Arrangements

To maintain hygiene and prevent cross infection:

- Parents must provide clean bedding (labelled with the child's name) every Monday.
- Bedding will be used solely for that child and stored appropriately.

- Bedding must be taken home at the end of each week for washing.
- Clean bedding must be returned the following Monday.
- If bedding becomes soiled during the week, parents will be informed and asked to replace it immediately.

7. Partnership with Parents

Parents are informed daily of their child's sleep patterns. We encourage open communication regarding changes to sleep routines at home.

8. Responsibilities

The Registered Childminder/Designated Safeguarding Lead is responsible for implementing and reviewing this policy annually. Any assistants or staff must follow safer sleep procedures at all times and report concerns immediately.

9. Review

This policy will be reviewed annually or sooner if legislation or guidance changes.