



Early Years Safer Sleep Policy

1. Policy Statement

At **British School Tenerife**, we are committed to ensuring the safety, wellbeing and comfort of all children during rest and sleep times. Although the risk of Sudden Infant Death Syndrome (SIDS) is significantly lower in children over 12 months, we follow good practice guidance to promote safe and restful sleep for all children aged 18 months to 5 years.

2. Aim

- To provide a safe sleeping environment for all children.
- To meet individual sleep and rest needs.
- To ensure staff follow consistent and safe procedures.
- To work in partnership with parents and carers.

3. Sleep Environment

- All children will rest or sleep in a clean, quiet, and well-ventilated area.
- Beds will be appropriate to the child's age and size.
- Bedding will be clean and suitable for the room temperature.
- The room temperature will be maintained between 16–20°C.
- Children will not be overdressed and will not wear outdoor clothing while sleeping.

4. Supervision

- Children have a set time for rest or sleep each day.
- Children aged 18 months to 3 years sleep in the multipurpose room.
- Older children (3–5 years) may rest or sleep if needed, based on individual needs.
- Staff will supervise children at all times and will always be able to see or hear them.

5. Safe Sleeping Practices

- Children will be encouraged to rest in a comfortable position, usually on their back or side depending on age and preference.
- Sofas, beanbags, or unsuitable furniture will not be used for sleeping.
- Children will not be left unattended while asleep.
- Any child who falls asleep in an unsuitable place will be moved to a safe sleeping area.

6. Individual Needs

- Each child's sleep routine will be discussed and agreed with parents/carers.
- Cultural practices and individual preferences will be respected where safe.
- Comfort items (e.g., blankets or soft toys) may be used if appropriate for the child's age.

7. Health and Safety

- The setting is a non-smoking environment.
- Staff will be trained in paediatric first aid.
- Any concerns about a child's breathing, temperature, or wellbeing during sleep will be acted upon immediately.

8. Staff Responsibilities

- Staff must follow this policy at all times.
- Staff will receive training on safe sleep practices.
- Staff will monitor children consistently.

9. Partnership with Parents

- Parents/carers will be informed about the setting's sleep procedures.
- Information about children's sleep will be shared daily.
- Any changes in sleep patterns will be communicated.

10. Monitoring and Review

- This policy will be reviewed annually or when guidance changes.
- Any incidents related to sleep will be recorded and reviewed.

Written by:	Jenni Garnett		
Agreed Date:	October 2025		
Board of Governors			
	Print Name:	Signed:	Date:
Academic Director:			
	Print Name:	Signed:	Date:
Review Date:	October 2027		