



ST. BART'S
MULTI-ACADEMY TRUST

SAFE SLEEPING GUIDANCE (EARLY YEARS SETTING)

September 2026

Details

Title: Safe Sleeping Guidance (Early Years Setting)

Issued: September 2026

Next Review: September 2027

Owner: Linda Jones

Category: Operational

Date	Section Amended	Signature
September 2026	New Guidance - (Updated to reflect EYFS requirements from September 2026)	L Jones

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Flourishing Together Releasing Potential Inspiring Futures

St. Bart's Mission

We ensure that every academy is a flourishing community, dedicated to releasing potential and inspiring ambitious futures through exceptional education.

St. Bart's Vision and Values

Releasing potential together through **PEACE**:



PASSION

We pursue excellence with energy and purpose, releasing the potential within every child and adult.



ENCOURAGEMENT

We nurture confidence and resilience, supporting each individual so that they can thrive.



AMBITION

We set high expectations, striving for fairness and opportunity so that potential is not limited by circumstance.



COLLABORATION

We work together in partnership, recognising that flourishing comes when we share strengths and support one another.



ENJOYMENT

We celebrate learning and community life, creating joy-filled environments where potential can flourish.



Our Trust Christian ethos is captured by the **PEACE** values and all schools work in close partnership (*whether C of E or community*) to ensure that all children, adults and the communities they serve flourish just as Jesus encouraged us to do in John 10:10 – ***“I have come that they may have life, and have it to the full.”***

St. Bart's vision includes a strong commitment to preparing our children for a world impacted by climate change, through learning and practical experience. We encourage pupils and staff to consider the impact of their actions locally and globally, while embedding climate change education across our curriculum, and sustainability into our ethos and Trust-wide practice.

Safe Sleeping Guidance (Early Years Setting)

1. Guidance Statement

This setting is committed to providing a safe sleeping environment for all young children in accordance with the **Early Years Foundation Stage (EYFS) Statutory Framework (September 2026)** and current safer sleep guidance.

Safe sleep practices are a key part of safeguarding and are essential in reducing the risk of **Sudden Infant Death Syndrome (SIDS)**.

2. Legal Framework & Guidance

This policy is based on:

- EYFS Statutory Framework (**September 2026 update**)
- NHS safer sleep guidance
- Guidance from The Lullaby Trust

2.1. New 2026 requirement:

Providers must ensure that all staff read and understand **NHS advice on SIDS** and follow current safer sleep guidance at all times.

3. Key Safe Sleep Requirements (EYFS 2026)

The setting ensures that children are placed down to sleep safely at all times.

3.1. Sleep Position & Space

- Children are placed in a comfortable position to sleep. (Children under 1 on their back)
- Every child sleeps in their own separate sleep space
- Sleep surfaces must be firm and flat (bed, or floor mattress)

3.2. Sleep Environment

Sleep spaces must contain only essential items:

- Firm, flat, waterproof mattress
- Lightweight bedding

The following are strictly prohibited:

- Toys
- Pillows
- Duvets or extra blankets

- Wedges or straps

3.3. Bedding Safety

- Lightweight blankets must be:
 - Firmly tucked in
 - Positioned below the shoulders

3.4. Temperature & Clothing

- Room temperature maintained between 16-20°C
- Children must not become too hot or too cold
- Heads must never be covered

3.5. Supervision (Strengthened 2026 Requirement)

- All sleeping children must be:
 - Within sight and hearing of staff at all times
 - Frequently physically checked

Checks must include:

- Breathing
- Body temperature
- Sleep position

4. Safe Sleep Practice in the Setting

- Each child has a clean sleep space
- Sleep equipment is checked before every use
- A sleep monitoring record is kept, including:
 - Time placed down
 - Regular checks
 - Wake time

5. Individual Sleep Routines

- Parents provide information about routines
- Home routines are followed only where they align with safe sleep guidance
- Unsafe requests will not be followed

If variations are requested:

- A risk assessment must be completed
- Manager approval required

- Medical evidence may be needed

6. Health & Medical Needs

- Medical conditions affecting sleep require:
 - Written medical advice
 - Individual care plan

7. Staff Responsibilities

All staff must:

- Read and understand **NHS safer sleep guidance on SIDS**
- Follow guidance from The Lullaby Trust
- Complete safeguarding and safer sleep external or inhouse training
- EYFS Staff induction includes safer sleep training either external or inhouse
- Carry out and record sleep checks
- Report concerns immediately

8. Parent Partnership

We will:

- Share safe sleep guidance with parents
- Promote consistent safe sleep practices
- Provide information on reducing risks of Sudden Infant Death Syndrome

9. Monitoring & Compliance

- Practice is monitored through:
 - Supervision
 - Observations
 - Sleep records

Failure to follow safe sleep requirements may be treated as a safeguarding concern.

10. Summary of Key 2026 Changes

The September 2026 EYFS update introduces clearer and stricter requirements, including:

- Explicit rules on sleep environment (no extra items)
- Feet-to-foot positioning requirement
- Stronger emphasis on staff supervision (sight and hearing)
- Requirement that all staff read NHS SIDS guidance

- Alignment with The Lullaby Trust recommendations

11. Guidance Review

This guidance will be reviewed:

- Annually
- When legislation changes
- Following any safeguarding incident

Lullaby Trust - <https://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/>

NHS SIDS Guidance - <https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>



ST. BART'S

MULTI-ACADEMY TRUST

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