

Safeguarding and Child Protection Policy

The Kindergartens Ltd - RP903415

Applies to:

The Crescent II Kindergarten - EY367053

Mouse House Nursery School - EY366864

Mouse House Nursery School SW18 - EY420821

Primary person responsible for the implementation and monitoring of this policy:	Ben Murray, Nazish Usman, Natalie Atkins
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1. Scope and Application

1.1 This policy applies to: **The Kindergartens Ltd - RP903415**

The Crescent II Kindergarten - EY367053

Mouse House Nursery School - EY366864

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1.2 This policy covers all employees, including directors, apprentices, casual workers, whether on permanent or temporary contracts (collectively '**staff**'). This policy does not form part of any contract of employment or consultancy agreement and The Kindergartens Nursery Schools may amend it at any time. This policy does not include agency workers, consultants or contractors except where otherwise stated.

2. Policy Aims

2.1.1 At *The Kindergartens nurseries*, we recognise the critical role of sleep in supporting children's **emotional well-being, cognitive development, and physical growth**. Quality rest is essential to children's overall health and development.

2.1.2 We are committed to creating a **safe, nurturing, and responsive sleep environment**, in partnership with parents and carers, and in line with guidance from:

- The Lullaby Trust
- NHS Safer Sleep Advice
- NHS Bottle Feed Guidance
- EYFS Statutory Framework (Revised September 2026)
- Local Safeguarding Procedures

2.1.3 The safety of every baby and child is paramount during sleep and rest periods.

2. Safe Sleep Practice

2.1.4 To reduce the risk of **Sudden Infant Death Syndrome (SIDS)** and other sleep-related risks, we adhere to the following evidence-based practices recommended by The Lullaby Trust/NHS safer sleep guidance:

Before sleep/rest:

2.1.5 Staff ensure that:

- The child has had a **fresh nappy** and is clean and comfortable.

- Outer clothing (thick coats, cardigans, hoods, etc.) is **removed** to avoid overheating.
- The child has had a **drink or feed**, as appropriate in an upright position on flat surfaces and for babies as per the guidance in arms and monitored.
- **Bibs and hoods** are removed prior to sleep.
- The **room temperature** is appropriate (ideally 16–20°C), with thermometers used to monitor this.
- The room is well ventilated with good air flow
- **Soft lighting, white noise**, or gentle lullabies may be used to create a calm environment.
- Cots/mattresses and cribs will be in line with the British standards.
- No coracles for any children at all in the settings.
- Under 2's should be on their backs (if the child moves themselves on their tummies then withing the 10 minutes checks ideally from 6th minute the staff should turn them around on their backs)
- The safer sleep risk assessment will be completed before the sleep and when the sleep room is being prepared.
- Sleep bag togs will be considered as part of the cumulative risk.

3. During sleep:

- Children are provided with **individual, clean bedding**. Bedding with breathable fabric to keep children and babies cool.
- Babies are always placed **on their back** to sleep (any child/baby who only sleeps on their front will be supervised thoroughly and when in a deep sleep will be gently turned on to their back for a safer sleep position in line with the latest government safety guidance.
- Children/babies will be placed in the “feet to foot position” with their feet touching the end of the cot/sleep pod
- Children on mattress will be head to toe position.
- **Sleep mats** or **approved cots** are used—**bouncy chairs and car seats are never used** for sleep.
- Babies ages 12 months to must only be placed to sleep in a cot.
- Sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in and around the child below their shoulders to prevent head covering.

Alternatively, a well fitted baby sleep bag may be used (check the manufacturer recommendations before using a baby sleep bag)

- **Comforters**, such as dummies or soft toys, may be used if agreed with parents to help settle babies/children to sleep and then must be removed once children are asleep
- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children are **not left to cry alone**—staff respond promptly to soothe and comfort.
- Babies and children are **regularly monitored and checked visually** 10 minutes, or more frequently if needed, which is recorded on Family app.
- Staff ensure **no blankets, muslins, or items** cover a child's face or head at any time and no loose blankets. Where blankets are used, the child must be placed feet to foot at the bottom of the cot with blankets tucked in.
- Monitoring includes checking for normal breathing, colour, position, temperature and overall well-being
- Children under six months of age must always have an adult with them in the same room for every sleep.(In our setting, no child under 2 years is left to sleep alone)
- Children are always within **sight and hearing** of staff when sleeping

4. Parental Preferences & Sleep Restrictions

- 4.1 We value working in partnership with parents and will always discuss sleep routines during **settling-in sessions** and ongoing key-person meetings.
- We will never **physically prevent sleep** (e.g., by waking or keeping the child upright).
 - Children who do not wish to sleep will never be forced to. Instead, they will be offered **quiet and calm activities** during rest time.

5. Waking Children Gently

- 5.1 If parents request a **maximum sleep time**, we will attempt to wake the child **gradually and respectfully**:
- **Lights may be gently brightened.**
 - **Blankets may be lightly removed.**
 - Soft verbal prompts or the child's name may be used.
 - Children are **never physically woken by lifting or shaking.**

5.2 We aim to allow children to **wake naturally**, where possible, to prevent distress and ensure emotional security.

6. **5. Additional Safeguarding Measures**

- Staff are trained in **safe sleep practice** during induction and updated as part of regular safeguarding and health & safety training.
 - Sleep areas are regularly cleaned and inspected for hazards.
 - All sleep equipment is **BS EN compliant** (British Standards) and in good condition.
 - A **Designated Safeguarding Lead (DSL)** is notified of any incidents, injuries, or concerns during sleep.
 - Children's heads must not be covered.
 - Practitioners must read and understood the guidance and policy.
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