Little Acorns - Safer Sleep Risk Assessment

Date of Assessment: 15th July 2026 Assessed by: Jo Attwater

What is being assessed?	What hazards may be present?	What degree of injury could be reasonably expected?	What precautions have been put in place to reduce the risk of injury?	What likelihood is there of risk still occurring?	What is the risk rating?
Sleeping environment	Unsafe sleeping conditions increasing the risk of injury or Sudden Infant Death Syndrome (SIDS)	Serious injury or death	Sleep areas are clean, safe, well maintained and free from hazards. Rooms are well ventilated and maintained at a comfortable temperature. Sleep mats and other sleep equipment are age-appropriate, regularly inspected and comply with current safety standards. Sleep areas are kept free from unnecessary items and positioned to allow effective supervision. Children are provided with a calm, comfortable environment that supports safe sleep and rest. Any defects or concerns identified are addressed immediately.	Low	Low
Sleep position	All children are placed to sleep on their front or side	Serious injury or death	All children are always placed on their backs to for sleep in line with current safer sleep guidance, unless otherwise advised in writing by a medical professional. Children are never placed on their front or side to sleep. Staff check that children are positioned safely before leaving the	Low	Low

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			sleep area and continue to monitor them regularly throughout their sleep. Individual care plans and medical advice are followed where applicable.		
Bedding	Loose blankets, pillows, duvets or soft toys causing suffocation risk	Serious injury or death, increased SIDS risk	Bedding and sleep equipment are suitable for the child's age, stage of development and individual needs. Any blankets used are lightweight, securely tucked in and appropriate for the room temperature. Bedding is checked regularly to ensure it is clean, safe and in good condition. Sleep equipment is maintained and inspected routinely, and sleep areas remain free from unnecessary items that may pose a risk.	Low	Low
Overheating, including during periods of hot weather and heatwaves	Overheating, dehydration, heat exhaustion, heatstroke, increased risk of Sudden Infant Death Syndrome (SIDS) in babies and discomfort or distress whilst sleeping	Heat-related illness, increased SIDS risk	Sleep areas are maintained at a comfortable temperature and monitored regularly. Rooms are ventilated where possible. Children are dressed in suitable lightweight clothing and excessive bedding is avoided. During periods of hot weather or heatwave warnings, additional measures are implemented, including increased temperature monitoring, ensuring children remain well hydrated, adjusting sleep arrangements where necessary and increasing supervision. Parents are informed of any additional precautions being taken during extreme weather conditions. Staff remain vigilant for signs of overheating, dehydration, heat exhaustion or heatstroke and take immediate action if concerns arise.	Low	Low

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Children able to roll independently	A child may roll onto their front or change position during sleep, increasing concerns about breathing, comfort or safety if not appropriately monitored	Serious injury, serious illness or, in extreme circumstances, death	All children are always placed on their backs for sleep in line with safer sleep guidance. Once a baby can roll independently from back to front and front to back, staff do not routinely reposition them if they roll during sleep. Sleep environments remain clear and safe, with no loose bedding, pillows, soft toys or other items that could increase risk. Children are monitored regularly and sleep checks are recorded in accordance with the setting's safer sleep procedures.	Low	Low
Medical needs and individual health requirements	Increased risk of breathing difficulties, seizures, reflux, allergies, or other medical conditions affecting a child's safety whilst sleeping	Serious injury, serious illness or, in extreme circumstances, death	Information regarding children's medical needs is obtained from parents upon registration and reviewed regularly. Individual Health Care Plans, medical advice and risk assessments are followed where applicable. Staff are aware of any medical conditions that may affect sleep arrangements and ensure appropriate monitoring is in place. Any prescribed medication is readily accessible, and emergency procedures are understood by staff. Parents are informed of any concerns relating to their child's health, wellbeing or sleep. Emergency contact details are readily available.	Low	Low
Staff knowledge of safer sleep practices	Inconsistent practice, unsafe sleep arrangements,	Serious injury, serious illness or, in extreme	All staff receive safer sleep training during induction and regular refresher training. Staff understand current safer sleep guidance, including appropriate sleep positioning,	Low	Low

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	failure to recognise risks associated with sleep environments, overheating, unsafe sleep positions or signs of distress in a sleeping child	circumstances , death	maintaining a safe sleep environment, preventing overheating, monitoring sleeping children and responding to concerns. Staff are familiar with the setting's safer sleep policy and procedures, and managers monitor practice through supervision, observations and ongoing professional development.		
Monitoring sleeping children	A child becoming distressed, unwell, overheated, experiencing breathing difficulties or requiring assistance whilst asleep without staff awareness	Serious injury or delayed response to emergency Serious injury or death	Sleeping children are monitored regularly in accordance with the setting's safer sleep procedures. Children are **never left unsupervised whilst sleeping** and remain within sight or hearing of staff at all times. Staff carry out and record regular checks, observing breathing, colour, temperature, positioning and overall wellbeing. Any concerns are acted upon immediately and parents are informed where appropriate. Staff are trained in safer sleep practices and understand the signs that may indicate a child requires assistance.	Low	Low
Communication with parents regarding safer sleep procedures	Inconsistent sleep practices between home and setting, lack of awareness of safer sleep arrangements,	Moderate to serious injury if safer sleep guidance is not followed consistently	Parents are informed of the setting's safer sleep procedures upon registration and whenever procedures are updated. Individual sleep routines and requirements are discussed with families and recorded. Any changes to a child's sleep needs	Low	Low

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	misunderstandings regarding sleep routines or requirements		are communicated between parents and staff to ensure safe and consistent practice.		
Individual sleep routines and care needs	individual sleep needs not being met, increased distress, fatigue, inconsistent care, or unsafe sleep practices	Minor to moderate harm, distress or increased risk of injury where individual needs are not followed	Individual sleep routines, preferences and care needs are discussed with parents upon registration and reviewed regularly. Any changes to sleep patterns, routines or medical needs are shared between parents and staff. Sleep arrangements are tailored to meet each child's individual needs whilst ensuring safer sleep guidance is followed at all times.	Low	Low
Recording and monitoring of children's sleep	Inaccurate or incomplete records leading to missed information regarding sleep patterns, welfare concerns or communication with parents	Minor to moderate harm, delayed identification of concerns or inconsistencies in care	A sleep record is maintained for all children who sleep at the setting. Records include sleep times, duration of sleep, checks carried out and any relevant observations. Sleep records are shared with parents where appropriate and are used to support children's individual care needs and wellbeing. In Little Acorns this is completed on Tapestry.	Low	Low
Responding to concerns regarding a child's sleep, breathing or wellbeing	Delayed identification of illness, breathing difficulties, distress, overheating,	Serious injury, serious illness or, in extreme circumstances, death	Staff remain vigilant whilst monitoring sleeping children and are trained to recognise signs of distress, breathing difficulties, overheating or ill health. Any concerns regarding a child's sleep, breathing or wellbeing are reported immediately	Low	Low

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	allergic reactions or other medical concerns whilst a child is sleeping		to the manager and appropriate action is taken without delay. Parents are informed of any concerns, and emergency procedures are followed where necessary. All incidents and actions taken are recorded in accordance with the setting's policies and procedures.		