

# Norbury Hill Cubs

## Policy: Sleep

**Category:** Health, Safety & Wellbeing (Children)

**Review Date:** 7th September 2027

**Important Update, April 2026:** The Department for Education (DfE) has updated the EYFS statutory framework to clarify that all early years providers must follow safer sleep requirements in line with NHS guidance. Although the updated framework formally takes effect from September 2026, compliance is required immediately. This policy has been revised accordingly.

## Overview

Norbury Hill Cubs (NHC) aims to ensure all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. The safety of sleeping babies is paramount. This policy follows The Lullaby Trust's guidance and NHS safer sleep advice to minimise the risk of Sudden Infant Death Syndrome (SIDS). Further information is available at [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) and [www.nhs.uk](http://www.nhs.uk).

## Safe Sleep Practice

- Babies are placed on their backs to sleep in their own separate sleep space. If a baby rolls onto their tummy, they are turned back unless they are able to roll from back to front and back again independently, in which case they are enabled to find their own position.
- Babies aged 12 months and under must only sleep in a cot (including Moses baskets and travel cots).
- Children under six months must always have a member of staff with them in the same room for every sleep.
- Babies and toddlers are never put down to sleep with a bottle to self-feed.
- All sleeping children must be checked frequently. Sleep checks are recorded every 10 minutes. New babies and those under six months are monitored every five minutes until their sleeping routines are familiar, offering reassurance to both child and family.
- Children must always be within sight and hearing of staff while sleeping.
- Children are never left to sleep in a separate sleep room without staff supervision at all times.
- Any baby who falls asleep while being nursed by a practitioner is transferred to a safe sleeping surface. Babies brought in already sleeping are transferred to a safe surface to complete their rest.

## Safe Sleep Environment

- Room temperature must be kept between 16 and 20 degrees Celsius and is monitored and logged at the start of each session and throughout the day.
- Sleep spaces must have a firm, flat surface. Only safety-approved cots and sleeping equipment (including mats) compliant with British Standard regulations are used (e.g. BS EN 716-1:2017 for cots, carrycots, Moses baskets and travel cots; BS 7177:2008+A1:2011 for mattresses; BS EN 16781:2018 for sleep bags).
- A firm, flat waterproof mattress with a clean fitted sheet is always used.
- Sleep spaces must contain only a firm, flat waterproof mattress and lightweight bedding, firmly tucked in below the shoulders. A well-fitted baby sleep bag may be used in accordance with manufacturer guidance.
- If blankets are used, children are placed feet-to-foot with blankets securely tucked in below the shoulders.
- Cots must not contain toys, pillows, extra bedding, bumpers, wedges, or straps. Sleep comforters may only be given to children aged over 12 months and must be removed once the child is settled and sleeping.
- Children's heads must not be covered during sleep.

- All spaces around cots and beds are kept clear of hanging objects (cords, blind cords, drawstring bags).
- Prams, buggies and pushchairs must never be used as a child's main sleep space, and written parental permission does not change this. If a baby aged 12 months or under falls asleep while travelling, they are transferred into a cot as soon as they return to the setting, with hats and extra clothing removed even if this means waking them. If a child aged over 12 months falls asleep while travelling, they are transitioned to their own separate sleep space on a clear, flat, firm surface as soon as possible on return.
- Floor beds, coracles and sleep pods are not used for babies aged 12 months and under.
- Every baby and toddler is provided with clean, individually labelled bedding. Individual preferences (e.g. a sleeping bag from home) are accommodated in partnership with parents, provided they meet safer sleep requirements.
- All bedding is cleaned as required and at least daily.
- The nursery operates a strict No Smoking and No Vaping policy in all areas of the setting.

## Individual Sleep Routines

Parents inform Sara of their child's sleeping routine at the start of the placement; these are reviewed and updated regularly. If a parent requests a sleep position or pattern that differs from NHC's safer sleep practice (e.g. tummy sleeping or use of a sling as a main sleep space), the policy is explained and the request is not followed unless a doctor has provided medical reasons in writing, in which case parents sign to confirm the request.

Staff will not force a child to sleep or keep them awake against their will and will not usually wake sleeping children.

A settling environment is created where needed (e.g. dimmed lights, white noise). Children who do not require sleep continue to play, learn and develop, which may involve moving outdoors or joining another group.

## Communication with Parents

NHC will not use items sent from home that do not comply with safer sleep requirements, including cot bumpers, pillows, or additional loose bedding. Where this arises, staff will speak sensitively with the parent or carer to explain the policy and the reasons behind it. This conversation will be recorded.

All parents are made aware of this policy at the point of registration and it is available to view at any time.

## Staff Responsibilities

- All staff working with babies and young children must read and sign this policy and confirm their understanding.
- All staff must be familiar with NHS guidance on SIDS and safer sleep practices. Training needs will be identified and addressed by the manager.
- Room leaders are responsible for ensuring their rooms comply with this policy at all times.
- Any concerns about sleep safety, whether relating to equipment, practice, or a parental request, must be raised immediately with Sara or a Deputy Manager.

## Further Guidance

The Lullaby Trust: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

NHS Safer Sleep: [www.nhs.uk](http://www.nhs.uk)

EYFS Statutory Framework: [www.gov.uk/government/publications/early-years-foundation-stage-framework](http://www.gov.uk/government/publications/early-years-foundation-stage-framework)