



The Butterfly Rooms (Incorporating Woodlands) LTD

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Registered Charity Number: 1148068 | Ofsted Number: 453859 | Company Number: 7984150 | *Limited by Guarantee*

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Safer Sleep and Rest Policy (EYFS & Ofsted Compliant – September 2026)

Policy Statement

At **The Butterfly Rooms (Incorporating Woodlands) Ltd**, we are committed to safeguarding children's health, safety and wellbeing during sleep and rest times. This policy reflects our legal duties under the Early Years Foundation Stage (EYFS) Statutory Framework, current Department for Education safer sleep guidance, NHS safer sleep advice and Ofsted expectations for September 2026

We recognise that sleep is essential to children's development and that robust safer sleep practice is a fundamental safeguarding responsibility.

Key Commitments

We ensure that:

- All sleep and rest supervision is carried out by suitably vetted staff, including enhanced DBS checks.
- Staff understand and follow current safer sleep guidance, including NHS and Lullaby Trust advice.
- Children's individual sleep needs are respected while never compromising safety.
- Sleep environments are safe, clear and appropriate for the child's age and stage of development.
- Parents and carers are kept informed about their child's sleep and rest routines.
- Practice is consistent, transparent and regularly monitored.
- Individual sleep risks are identified, assessed and managed appropriately.

Safer Sleep Practice

To meet current and September 2026 EYFS requirements:

Children Under Two Years

- Babies and children under two years are always placed on their backs to sleep.
- Children are placed in their own separate sleep space.
- Children are placed on a firm, flat surface such as a cot, bed or suitable mattress on the floor.

Babies Aged 12 Months and Under

- Babies aged 12 months and under are only placed to sleep in a cot, travel cot, carrycot or Moses basket that meets current safety standards.

Sleep Equipment and Bedding

Sleep spaces contain only:

- A firm, flat, waterproof mattress.
- Lightweight bedding tucked securely below the child's shoulders to prevent head covering.
- Alternatively, a well-fitted sleep bag used in accordance with manufacturer guidance.

The child will be placed feet-to-foot at the bottom of the cot when blankets are used.

Prohibited Items

No additional items are permitted in cots or sleep spaces, including:

- Pillows
- Loose blankets
- Toys
- Comforters (unless individually risk assessed)
- Bumpers
- Wedges
- Straps
- Positioning aids

Temperature and Clothing

- Children must not become too hot or too cold during sleep.
- The recommended room temperature for babies is maintained between 16°C and 20°C.
- Children's heads remain uncovered at all times.
- Sleep clothing and bedding are appropriate for the room temperature and season.

Supervision Requirements

- Children under six months of age must always have an adult with them in the same room for every sleep.
- All sleeping children remain within sight and hearing of staff at all times.
- Where monitoring equipment is used, it supports but never replaces direct supervision and staff checks.

Rolling Babies

Where a baby independently rolls from their back to their front or side during sleep, practitioners will not routinely reposition the baby but will ensure the sleep environment remains safe and free from hazards. Staff will continue to monitor the child closely and follow any individual risk assessment in place.

Individual Sleep Risk Assessments

The setting will complete an individual sleep risk assessment for:

- Babies under 12 months.
- Premature babies.
- Children with medical conditions affecting sleep or breathing.
- Children with additional needs affecting sleep safety.
- Children requiring specialist sleep equipment.
- Any child where alternative sleeping arrangements have been requested.

Risk assessments will be reviewed:

- On admission.
- Following significant changes in a child's circumstances.
- Following illness or injury.
- After any incident or near miss.
- At least termly.

Monitoring and Supervision

- All children are frequently checked while asleep.
- The setting records sleep checks at least every 10 minutes as a minimum standard.
- More frequent checks will be undertaken where required by a child's age, individual needs or risk assessment.
- Staff visually and physically confirm that:
 - The child's airway is clear.
 - The child is breathing normally.
 - The child's colour appears normal.

- The sleep position remains safe.
 - The child is comfortable and not overheating.
- Sleep checks form part of the setting's safeguarding procedures.
- Room Leaders and Managers regularly review sleep records to ensure safe and consistent practice.

Record Keeping

Sleep records clearly document:

- Time the child is put to sleep.
- Time the child wakes.
- All recorded sleep checks.
- Any changes in sleep position.
- Any concerns, observations or incidents.

These records are:

- Stored securely.
- Available to parents upon request.
- Used to support safeguarding, monitoring and risk assessment procedures.

Health, Safety and Hygiene

- All sleep equipment is cleaned and sanitised regularly and after use.
- Individual bedding is provided and not shared between children.
- Bedding is stored hygienically.
- Damaged or worn sleep equipment is removed immediately.
- Bottles, food, comfort feeding and drinks are never left with sleeping children due to choking risks.
- Sleep environments are checked daily for safety and cleanliness.

Sleep-Related Concerns and Incidents

Any incident involving:

- Breathing difficulties.
- Unresponsiveness.
- Unsafe sleep arrangements.
- Equipment failure.
- A child becoming trapped or entangled.
- A near miss.

will be treated as a safeguarding concern.

Staff will:

1. Take immediate action to ensure the child's safety.
2. Seek medical assistance where required.
3. Inform the Designated Safeguarding Lead and senior management immediately.
4. Record the incident.
5. Notify parents without delay.
6. Make any required notifications to Ofsted and other relevant agencies.

Parental Partnership

We work closely with families to ensure safe and consistent practice.

- Parents provide written information regarding their child's sleep routines and needs.
- Parents are asked to inform the setting of any changes that may affect sleep.
- Comfort items may only be used following risk assessment where appropriate.

- Unsafe sleep requests cannot be followed, even where these reflect home routines.
- Families are signposted to health professionals or specialist sleep support services when appropriate.
- Sleep information and records are shared with parents regularly.

Training and Staff Responsibilities

- All staff receive safer sleep training as part of induction and ongoing professional development.
- All staff receive regular safeguarding training.
- Staff are required to read NHS safer sleep guidance and information relating to Sudden Infant Death Syndrome (SIDS).
- Managers monitor compliance through supervision, observation and quality assurance processes.
- Any concerns regarding practice are addressed immediately.
- Whistleblowing procedures are actively promoted and supported.

Monitoring, Review and Compliance

This policy is reviewed:

- Annually.
- Following updates to EYFS requirements.
- Following changes to national guidance.
- After incidents, near misses or safeguarding concerns.
- Following recommendations from Ofsted or other regulatory bodies.

The setting recognises that safer sleep arrangements form a key element of safeguarding and will ensure practice remains fully aligned with EYFS requirements, DfE guidance, NHS safer sleep advice and The Lullaby Trust recommendations.

Policy Statement of Commitment

The Butterfly Rooms (Incorporating Woodlands) Ltd is committed to ensuring that every child sleeps and rests in a safe, secure and appropriately supervised environment. Safer sleep practice is embedded within our safeguarding culture and underpins our commitment to protecting children from harm at all times.

This policy was adopted by

The Butterfly Rooms Ltd

On

24th July 2026

Date to be reviewed

24th July 2027

Signed on behalf of the Management
committee

Name of signatory

Miss Aimee Thompson

