

Bizzie Lizzies Nursery and Pre School.

Nursery Ofsted URN- EY392303
Preschool Ofsted URN – EY2549120 RP
number - 906327

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Sleep Policy

This policy should be read alongside:

- **Safeguarding Children Policy**
- **Health and Hygiene Policy**
- **Cleaning Policy**
- **Risk Assessments**

EYFS Link

As outlined in the *Early Years Foundation Stage (EYFS) Statutory Framework* (DfE, 2021), Section 3.60:

“Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance.”

Policy Aims

This policy aims to:

- Ensure the highest level of safety and comfort for all sleeping children.
- Comply with current government guidance and UK safety standards.
- Respect children’s home routines while maintaining safe sleep practices.
- Promote staff knowledge and confidence through **Targeted Safer Sleep Training** for all relevant staff.

Sleep Safety Procedures

General Practice

- All children are provided with the opportunity to rest or sleep during the day.
 - Reasonable efforts will be made to follow each child's typical sleep routine.
 - Children are **not permitted** to sleep in bouncy chairs, car seats, or similar equipment.
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Exceptional Use of Pushchairs for Sleep

Sleep in pushchairs is **not routine practice** at Bizzie Lizzies. However, in exceptional circumstances:

- A child may sleep in a pushchair only with prior **documented risk assessment**, including:
 - A clear justification for use
 - The expected duration and frequency
 - Measures to ensure safety and comfort
 - Risk assessments must be kept on file.
 - The child must remain within **direct sight** of a member of staff at all times.
 - Staff must carry out physical checks in line with safer sleep practices.
 - If a child drinks milk before sleeping, a staff member will remain present and remove the bottle once finished.
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Positioning & Medical Exceptions

- Babies are always placed on their **back**, in the **feet-to-foot position**, unless a medical exemption applies.
 - **Non-mobile babies** will be gently repositioned if they roll; **mobile children** will not be disturbed.
 - Any medical exemption must be supported by **written documentation** from a health professional and stored on file.
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Monitoring & Environment

- Physical checks are carried out at least every **10 minutes**.
- Children are additionally monitored using a **video baby monitor**.
- Room temperature will be maintained between **16°C–20°C** where possible.

- Clothing will be adjusted seasonally to ensure comfort and safety.
 - **Unwell children** will never be left to sleep alone.
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Equipment & Bedding

- All sleep furniture must have **correctly fitting mattresses** that meet UK safety standards.
 - Only **lightweight bedding** (e.g., cotton sheets, cellular blankets) is permitted.
 - **Sleeping bags** brought from home must be appropriately sized, season-appropriate, and meet safety standards.
 - Only a **comforter and/or dummy** from home is allowed in the cot—**no soft toys, pillows, cushions, or cot bumpers**.
 - Sleep equipment is checked regularly; damaged items are removed and replaced immediately.
 - Bedding is changed between uses. Where possible, children may be assigned a **personal cot weekly**.
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Room Setup

- Sleep rooms are used **exclusively for rest**—no storage or unnecessary furniture is permitted.
 - **Child-safe blinds** must be installed and maintained.
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Useful Resources

- The Lullaby Trust – Safer Sleep for Babies
- Tommy's – Safe Sleep for Babies
- [NHS – Reduce the Risk of SIDS](#)