Happy Hoglets Multilingual Nursery

Safe Sleep, Rest & Quiet Time Policy (0–5 Years)

Policy Version:	1.0 (Ofsted Inspection Ready)	**Effective Date:**	November 2026
Nursery Manager & DSL:	Cristina Zolde	**First Aid & Medical Lead:**	Irina Matei
Statutory Framework:	EYFS Statutory Framework (Sept 2026, Para 3.86)	**Review Date:**	November 2027

Scope & Age Coverage Statement (2–5 Years & 0–2 Years Provision):
Happy Hoglets Multilingual Nursery currently admits children aged **2 to 5 years**. However, to ensure full compliance with the Early Years Foundation Stage (EYFS) Statutory Framework across the entire 0–5 birth-to-five continuum and to safeguard any future registration variations, this policy sets out our mandatory procedures for **children aged 2–5 years** alongside full statutory safer sleep protocols for **babies aged 0–12 months and toddlers aged 12–24 months**.

1. Policy Statement & Statutory Commitment

At **Happy Hoglets Multilingual Nursery**, we recognise that adequate rest and safe sleep are essential to children's physical growth, emotional regulation, brain development, and readiness to learn. Our sleep and rest practices are strictly governed by:

- **EYFS Statutory Framework (effective 1 September 2026, Paragraph 3.86):** Explicit statutory duties on safer sleep environments, cot requirements, supervision, and frequent checks.
- **NHS & The Lullaby Trust Safer Sleep Guidance:** Evidence-based protocols to reduce the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related accidents.
- **Ofsted Early Years Inspection Toolkit:** Maintaining transparent daily sleep records, room temperature logs, and staff vigilance.

2. Safer Sleep Requirements for Babies & Under-2s (0–24 Months)

In full compliance with EYFS Paragraph 3.86, if babies or children under 2 years of age are cared for at Happy Hoglets, the following mandatory standards apply without exception:

2.1 Babies Aged 12 Months and Under (0–12 Months)

- **Cot-Only Requirement:** Babies aged 12 months and under must **only** be placed to sleep in an approved cot (defined as a standard cot, carrycot, Moses basket, or travel cot meeting current British Safety Standards). Floor beds, coracles, sleep pods, beanbags, or sofas must never be used for babies aged 12 months and under.
- **Sleep Position:** Every baby must be placed down to sleep **on their back** for every sleep, unless a written medical exemption from a registered medical practitioner is held on file.
- **Clear Sleep Space & Firm Mattress:** Cots must contain only a firm, flat, clean waterproof mattress fitted with a tight sheet. Cots must remain completely free of pillows, duvets, quilts, cot bumpers, positioning wedges, straps, soft toys, and sleep comforters.

- **Bedding & Head Uncovered:** Babies must be placed in the **"feet-to-foot"** position (feet at the foot of the cot) with lightweight sheets/blankets tucked firmly beneath their shoulders so their head cannot become covered, or placed in a well-fitted, age-appropriate baby sleeping bag matching the room temperature.
- **Same-Room Adult Supervision (Under 6 Months):** Babies aged under 6 months must have a dedicated member of staff present in the **same room** for the entire duration of every sleep.

2.2 Toddlers Aged 12 to 24 Months

- Toddlers aged 12–24 months must be placed down on their back in their own separate sleep space on a firm, flat surface (such as a cot, toddler bed, or individual floor sleep mat).
- Sleep spaces must be clear of loose pillows, bulky duvets, and trailing cords, with heads kept uncovered at all times.

> **Prohibition on Car Seats, Pushchairs & Prams as Sleep Spaces:**
> Pushchairs, buggies, car seats, and slings must never be used as a routine sleep space. If a baby or child falls asleep during a walk or outing (including transitions to or from the Wolseley Trust facilities), they must be transferred immediately to their designated flat sleep space upon return to the nursery.

3. Rest & Sleep Arrangements for Children Aged 2 to 5 Years

For our core cohort of children aged 2 to 5 years, Happy Hoglets balances individual need for daytime rest with respect for children's autonomy and family routines:

- **Individual Sleep Mats & Hygiene:** Each child who sleeps is provided with their own clean, firm, waterproof rest mat or low stackable cot bed spaced safely apart (minimum 50 cm clearance) to allow clear staff walkthrough access and prevent cross-infection.
- **Personalised Clean Bedding:** Every sleeping child is allocated individually labelled bedding (sheet and lightweight blanket), stored separately in named breathable bags and laundered at least weekly—or immediately if soiled or after illness.
- **Respecting Individual Needs:** Children are never forced to sleep, nor are tired children physically prevented from falling asleep. Where parents request shorter daytime naps to protect night-time sleep, staff will gently encourage transition after an agreed rest period (e.g., 30–45 minutes) by gradually brightening the room and speaking softly, without abruptly waking or lifting a sleeping child.
- **Quiet Provision for Non-Sleepers:** Children aged 2–5 who do not require a daytime nap engage in calm, low-stimulation activities (such as quiet multilingual reading, puzzles, or sensory play) in a separate zone so sleeping peers are undisturbed.

4. Sleep Environment, Clothing & Preparation Checklist

Safety Domain	Mandatory Nursery Standard
Room Temperature & Air Quality	Maintained between **16°C and 20°C** using a calibrated digital room thermometer checked prior to and during sleep periods. Rooms are well-ventilated and strictly smoke-free and vape-free across all premises.
Clothing & Safety Preparation	Prior to sleep, staff check nappies/toileting, remove outdoor shoes, thick jumpers, hoodies, bibs, jewellery, hair accessories, and any garments with drawstrings or ties to prevent overheating or entanglement.
Blind Cords & Hazards	All window blind cords, electrical wires, heaters, and furniture are secured out of reach and positioned away from sleep mats and cots.
Lighting & Visibility	Lighting is dimmed to create a calm atmosphere while remaining bright enough for staff to clearly observe each child's face, chest movement, and skin colour at all times.

5. Supervision & 10-Minute Physical Sleep Checks

- **Continuous Sight & Hearing:** Sleeping children are never left unattended. Staff remain within sight and hearing at all times while maintaining statutory EYFS staff-to-child ratios.
- **Mandatory 10-Minute Physical Checks:** A designated practitioner conducts a physical bedside check on every sleeping child at least every **10 minutes** (and every **5 minutes** for children under 12 months or recovering from minor illness).
- **What Each Check Verifies:** The practitioner visually confirms rhythmic chest breathing, checks skin colour, gently feels the child's chest or back of the neck to ensure they are not overheating or cold, and verifies that the face and head remain completely uncovered.
- **Written Sleep Log:** Every check is recorded immediately on the nursery's *Daily Sleep Monitoring Log* with the exact time, child's initials, observations, and staff signature.

6. Partnership with Parents & Medical Exemptions

- **Induction & Home Routines:** During registration and settling-in, key persons discuss each child's usual sleep patterns, comforters (permitted for children over 12 months only), and multilingual settling cues.
- **Parent Requests vs. Statutory Safety:** While we respect parental preferences regarding nap duration, Happy Hoglets will **never** compromise statutory safer sleep rules (for example, placing an under-2 on their front or adding loose pillows/bumpers to a cot) even if requested by a parent.
- **Daily Handover:** Parents receive accurate daily feedback at collection detailing the exact start time, wake time, and duration of their child's sleep.

7. Leadership Governance & Policy Sign-Off

Cristina Zolde (Nursery Manager & DSL) holds overall safeguarding accountability for safer sleep compliance and staff induction. **Irina Matei (First Aid & Medical Lead)** oversees thermometer calibration, sleep mat hygiene audits, and emergency resuscitation readiness.

Policy Authorisation & Leadership Sign-Off

Cristina Zolde Nursery Manager & Designated Safeguarding Lead (DSL)	Signature: _____	Date: _____
Irina Matei First Aid & Medical Lead	Signature: _____	Date: _____