



Safe Sleep Policy

Bumble & Bloom Childcare · Updated for April 2026

Bumble & Bloom Childcare provides a safe sleeping environment for every baby and young child, in line with the April 2026 EYFS safer sleep requirements and current Lullaby Trust guidance.

Our commitment

- We follow the updated EYFS safer sleep requirements (April 2026) and Lullaby Trust evidence-based guidance.
- Individual sleep needs, routines and parental wishes are agreed at registration and reviewed regularly.
- Parents are informed promptly of any change to their child's usual sleep pattern.

Safe sleeping position

- Babies under 12 months are always placed on their back to sleep, with feet at the foot of the cot ('feet to foot').
- Once a baby can roll independently both ways, we place them on their back but allow them to find their own position.
- Babies are never placed to sleep on their front or side.

Safe sleep environment

- Babies sleep on a clear, firm, flat, waterproof cot mattress in good condition that fits the cot with no gaps.
- No soft toys, comforters, cuddly toys or loveys are placed in cots or sleep spaces.
- Sleep spaces are free from pillows, duvets, quilts, cot bumpers, pods, nests, hammocks and loose bedding.
- The room is kept between 16–20°C, well ventilated, and the child dressed appropriately and never overheated.
- Babies do not sleep with hats, hoods, bibs, dummy clips or anything around the neck.
- Sleep spaces are smoke-free and vape-free.

Supervision and monitoring

- Sleeping children are checked at least every 10 minutes and never left unattended out of sight or hearing.
- During each check we look at colour, breathing, temperature and general wellbeing.
- A written sleep log is kept for every child recording sleep start, each check and wake time.
- Babies do not sleep unsupervised in car seats, bouncers, prams, slings or on soft surfaces such as sofas or beds.

Individual routines

- We follow each child's home routine as closely as possible, including nap times and preferred sleep cues.
- Dummies are used only if provided by parents and in line with Lullaby Trust guidance; they are never forced or reinserted once the child is asleep.

- Any medical, developmental or cultural needs are recorded in the child's individual care plan.

Older children

- Older children who no longer nap have access to a quiet, calm rest space.
- Rest and sleep are never used as a reward or punishment.

Training and review

- Charlotte and any assistants are trained in safer sleep practice and paediatric first aid.
- This policy is reviewed at least annually and updated in line with EYFS and Lullaby Trust guidance.