

Safer sleep at Brighstone Preschool.

From 1st September 2026, updated EYFS requirements will bring clearer, strengthened safer-sleep requirements into the statutory framework. The changes place even greater emphasis on creating a safe sleep environment for babies and young children.

At Brighstone Preschool safe sleep has always been a really important part of our practice, and I want to share how we support children to have a safe, calm and reassuring sleep experience.



Our sleep arrangements

Babies aged under 1 sleep in a cot, with a firm, flat, waterproof mattress and a sleepsuit provided by the parents. The updated EYFS specifically requires babies aged under 1 year to sleep in a cot.

Over 1 year, when children are developmentally ready, we use individual sleep mattress on a firm, flat surface.

Every child has their own labelled bedding bag, so bedding is kept separate and hygienic. We are ensuring children cannot become covered by loose bedding. Sleep mats are cleaned after every use.



We provide a calm approach to sleep. We want sleep to feel like a peaceful part of the day rather than something children are rushed into.

We strive to maintain the required temperatures for sleep by providing cooling systems/gentle fans.



Gentle white noise to help drown the preschool everyday sounds.

A familiar story while children settle. 



Their own comforter to help them feel secure.

Children are supported to fall asleep in a calm and reassuring way, with their individual sleep needs and routines respected.

👁️ Safety checks

Children are frequently physically checked throughout their sleep to make sure they remain safe and comfortable, and sleeping children remain within sight and hearing. Most importantly, sleep at Brighstone Preschool is about safety, security and wellbeing.

We want parents to feel confident that when their little ones are sleeping here, they are cared for just as carefully and lovingly as they are during every other part of their day.

Safe sleep. Calm environment. Individual needs. Lots of care.