

09 Childcare practice procedures

09.10 Prime times – Sleep and rest time

Children who attend our setting usually do not have a sleep while they are with us. However, if they do look tired or want to sleep, we understand that sleep and rest times are key times in the day for being close and promoting security. No child is made to sleep.

During an epidemic or pandemic etc., we will make every effort to follow the guidance ie., placing sleeping children two metres apart.

Children over 2yrs old

- Children sleep on rest mats and have their own personalised bedding.
- Children's blanket or comforter must be placed in a named bag small enough to fit in their draw.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- Wherever possible children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff

Further guidance

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice