09 Early years practice procedures

**09.10 Prime times – Sleep and rest time**

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep.

**Children over 2yrs old**

* Children sleep on rest mats and fresh bedding is put on each time.
* Children have a names hook, where a special toy, book or comforter for sleep can be stored. This is labelled with a photo so they can identify their hook.
* There is a basket for all children to put their shoes in when removed – shoes should be named.
* Nappies changed and heavier clothing are removed before sleep/rest time.
* Hair accessories that may come lose or detach are removed before sleep/rest time.
* A separate area is made as quiet as possible, perhaps with soft music playing.
* 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, they are not left to sleep in a buggy or bouncy chair.
* 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](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice