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.
* Children have a suitable place or basket to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their basket (if used).
* Nappies are changed and heavier clothing removed.
* Hair accessories that may come lose or detach are removed before sleep/rest time.
* A separate area is made quiet.
* 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.

**Young children**

* Young children sleep on rest mats.
* Young children each have a place to put their clothes and shoes in, and in which they keep any special toy, book, or comforter that they need for sleep.
* Nappies are changed and heavier clothing is removed.
* Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
* A separate area of the room is made as quiet as possible.
* Sleeping children are always supervised 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