



*Charity Reg:1036951 Ofsted: 133471*

## **09 Early years practice policy**

### **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 sleep on mats.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- An area of the room is made as cosy and quiet as possible.
- Young children are settled or soothed to sleep if needed.
- 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. Sleep times are recorded.

#### **Further guidance**

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