**19 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.

**Children over 2yrs old**

* Children sleep on rest mats and have their own bedding that they use for the week.
* 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, perhaps with soft music playing and curtains drawn.
* Children are settled by a staff member comforted to sleep. The staff member 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