

09 Childcare 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.

**Young children**

* Young children sleep on rest mats.
* 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, perhaps with some soft music playing and curtains drawn.
* Young children are settled by their key person. They are soothed to sleep. Key persons may stroke or very gently pat children.
* Sleeping children are supervised within sight and/or hearing of staff at all times.

Further guidance

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