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.

We ask parents to share information on their child’s sleeping routine with the child’s key person when the child starts nursery, and these are reviewed and updated at timely intervals.

We recognise parents’ knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child’s individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will.

**Children 18 months +**

* Children sleep on rest mats and have their own personalised bedding.
* Nappies changed and heavier clothing removed.
* Children can sleep with comforters if that is their usual habit, but staff will be vigilant.
* 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 the sleep room staff and comforted to sleep. They 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
* If the child has to be woken this should be done gently and the child allowed to orientate at their own pace.

Further guidance

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

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