

## 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 and rest in the quiet, reading area, on the mat or using the nests available.
- If needed, a separate area is made quiet, perhaps with soft music playing.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff.

#### Young children

- As with younger children, the quiet reading area or nests can be made available for children who feel tired and need a rest or a nap.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- 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

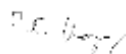
[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

This policy was adopted by St Paul's Pre-school

In November 2022

Date to be reviewed November 2023

Signed on behalf of the  
Management Committee



Name of signatory Marie-Claire Kaziewicz

Role of signatory (e.g. chair,  
director or owner) Chair

