



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.

Procedure before a child is placed to sleep.

- Staff complete a risk assessment in the morning and another physical check is completed of the sleep area before sleep time.
- Any risks are removed.
- Toys and stuffed animals will be risked assessed before a child is allowed to take them in the cot/ bed with them.
- Blinds are lowered with relaxing music and soft lighting.
- Beds are prepared with the child's comforters and staff will try to keep children in the same places.
- Beds have space between them so that a practitioner can move between the beds when possible.
- All children will have a half an hour period after food before being laid down for their sleep.
- Practitioners will complete a pre sleep child check using a sleep cue such as "can I check if you have a yawn in there, please" this allows the staff member to check the child's mouth is empty. Staff then encourage a smooth transition to the sleep room.
- Staff to follow where parents' wishes with routines such as bottle before bed, rocking in the chair.
- Staff to follow the Back to sleep position when placing all children on the bed's but when babies can easily turn over from the back to stomach, they can be allowed to adopt whatever position they preference when the baby turns onto his/her side or stomach.
- Staff should place children head to toe when on the sleep mats.
- Staff will remain with Children who have a cold or difficulty in breathing whilst they are asleep.

Babies 6months- 2 years old

- Babies have a designated place to sleep. This consists of bottom cotton sheets, cotton blanket or polyester filled duvet or personal sleep bag. Pillows are not used.
- Babies have their own place to put their clothes in as well as any special toy or comforter that they need for sleep.
- Babies are prepared by their key person or second key person until the baby is comfortable with all staff and then the team may introduce a rota. Nappies are changed, and heavier clothing removed.
- Babies are placed at the bottom of the bed and soothed to sleep by their key person or their second key person until the baby is comfortable with all staff. If they are distressed and does not seem to settle, then their key person comforts them. All staff are encouraged to follow the same techniques such as very gently stroke or pat babies.
- The sleep area is made quiet, with soft music playing and blinds down with a light projector.

Policy author: Allison Skipper

Date: 01/12/2021

Review date: Michaelmas 2025

Reviewed by: Meganne Smith and Kym Carey Michaelmas 2023

- Sleeping babies are supervised at regular intervals, at least every ten minutes; this is recorded with the time checked and the initials of the person responsible for checking.
- Children between 18 months and 2 years old may move to sleep mats which are provided with a bottom cotton sheet and their comforters.

Children over 2yrs old

- Children sleep on rest mats.
- Children have a suitable place or basket to store clothes, shoes and a special toy, book, or comforter for sleep.
- Nappies 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, with soft music playing and curtains drawn.
- Children are settled by their key person /second key person until they are comfortable with all staff and comforted to sleep. Staff are encouraged to follow the same techniques such as a gently stroke or pat to the child.
- 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, staff record this on the child's sleep record.

Young children

- Young children sleep on rest mats.
- Young children each have a place to put their clothes and shoes in, and in which they keep any special toy, book, or comforter that they need for sleep.
- 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, with some soft music playing and curtains drawn.
- Young children are settled by their key person until they are comfortable with all staff and comforted to sleep. Staff are encouraged to follow the same techniques such as a gently stroke or pat to the child.
- Sleeping children are supervised by regular checks at least every ten minutes and are within sight and/or hearing of staff. This is recorded on the child's sleep record.

Further guidance

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

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