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.

**Babies under one year**

* Babies have a designated place to sleep and personalised bedding. This consists of top and bottom cotton sheets, cotton blanket or polyester filled duvet. 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. Nappies are changed and heavier clothing removed.
* Babies are soothed to sleep by their key person. If they are distressed, their key person comforts them. Key persons very gently stroke or pat babies.
* The sleep area is made quiet, perhaps with soft music playing and curtains drawn.
* 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 over 2yrs old**

* Children sleep on suitable rest areas
* Children have a suitable place or basket to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their basket (if used).
* 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, perhaps with soft music playing and curtains drawn.
* Children are settled by their key person and comforted to sleep. Key persons 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
* 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