A picture containing text

Description automatically generated09 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 are supported to sleep if they need to, in a safe apace.
* Children will be provided with their own bags from home to store clothes, shoes or select a special toy, book or comforter for sleep if appropriate.
* Nappies changed and heavier clothing removed.
* Hair accessories that may come lose or detach are removed if children appear to be ready to sleep.
* 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, 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 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