



Winton Pre-School Little Explorers

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.

All children

- Children can sleep in a quiet area; we have individual raised sleep beds that are placed in a quiet corner of the playroom. We have individual sheets that are used and washed weekly. Children have their own sheet stored in a named zip-lock bag and reused during the week and washed every weekend.
- Nappies are changed and heavier clothing and shoes are 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, perhaps with curtains drawn, in an appropriate temperature away from draughts.
- Staff caringly settle the child, and they are soothed to sleep. Staff may stroke or very gently pat children.
- Children are able to have their comforters, if a child has a dummy, this is checked by a member of staff before giving it to the child to ensure it is not broken. We ask parents to provide a named plastic pot to store dummies in, which remains in the child's individual bags.
- If a child is brought into the setting asleep in a pushchair, or after a walk, they will be transferred to a bed.
- Sleeping children are supervised within sight and/or hearing of staff at all times.
- Staff complete a handover with parents at the end of the day, to detail times and length of sleep.

Further guidance

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