

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

- Should a child fall asleep they will be placed on a rest mat.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed.
- A separate area is made quiet with a small barrier put around them to keep them guarded from other children that are still playing.
- Sleeping children are supervised within sight and/or hearing of staff at all times.