



# Claydon Pre-school

09 Childcare 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. No child is made to sleep.

### Children over 2yrs old

- Children sleep on mats
- Children have a tray to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their own tray
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- 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 (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)