



Childcare practice procedures

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.

During the Covid-19 outbreak every effort is made to place sleeping mats at least two metres apart.

Young children

- Young children sleep on rest mats and are given clean bedding.
- Nappies are checked and changed and heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- Young children are settled by a member of staff if they are tired or showing signs of sleep. They are soothed to sleep. Staff may stroke or very gently pat children.
- Sleeping children are supervised within sight and/or hearing of staff at all times.
- A record of when the child fell asleep and when they woke up will be recorded on the register and parents informed.

Further guidance

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