

09 Early Education and Childcare practice procedures

09.10 Prime times – Sleep and rest time

If a child needs to rest or sleep they are made comfortable in our cosy area which is cleared and checked for safety.

- Children may be settled by their key or favoured person and comforted to sleep if needed. They may gently stroke or pat children to soothe them if necessary.
- Children may be read their favourite or chosen story and offered their soft toy comforter if this helps.
- Hair accessories that may come loose or detach are removed before settling down.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable and safe.
- A sleeping child is regularly checked at least every ten minutes and is within sight and/or hearing of all staff.

Reviewed annually in November by Staff and Committee