



Early years practice procedures

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 as children get older, they grow out of daytime sleeps. No child is made to sleep.

Babies under one year

- Babies have a designated place to sleep and personalised bedding. This consists of top and bottom cotton sheets and blanket. Pillows are not used.
- Babies are checked to whether they required a new nappy and any heavier clothing is removed. Babies are then soothed to sleep by gently patting or rubbing the baby. If the baby becomes distressed then they will be cuddled, rocked until more settled.
- The sleep area is made quiet, perhaps with soft music playing and curtains drawn.
- Babies are put to sleep following the same pattern as at home.
- Sleeping babies are supervised and checked at 10-minute intervals. Sleep is then recorded on the app with the regular checks added.

Children over 1yrs old

- Children sleep on rest mats and have their own personalised bedding.
- Nappies are checked prior to going to sleep and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- An area is made quiet, with soft music playing and curtains drawn.
- Children are settled and comforted to sleep. Staff 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.