

## **8.9 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.

### **Babies under one year**

- Babies have a designated place to sleep and personalised bedding kept in a named bag provided by the nursery. This consists of a rest mat, a cotton sheet/cotton blanket. Pillows are not used.
- Babies clothes are stored in their bag on the peg as well as any special toy or comforter that they need for sleep.
- Babies are prepared by practitioners in charge of sleep that day. Nappies are changed and heavier clothing removed. Babies are soothed to sleep by the practitioner. If they are distressed, the key person comforts them. Practitioners very gently stroke or pat babies.
- The sleep area is made quiet, lights are turned off.
- Babies are placed on their backs to sleep
- Sleeping babies are supervised at regular intervals, at least every ten minutes; this is recorded with the time checked and the initials of the person responsible for checking.

### **Children over 2yrs old**

- Children sleep on rest mats and have their own personalised bedding kept in a named bag provided by and kept at the nursery.
- If children require a toy/comforter this is kept in their named beg on their peg until needed.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time. Children are also checked for jewellery which is then removed.
- A sleep area is made quiet and lights are turned off.
- Children are settled by the practitioner and comforted to sleep. Practitioners 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, they are not left to sleep in a buggy or bouncy chair.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff. We record the times the children are checked and this is initialled by the practitioner responsible.
- When children have slept their sleep mat is wiped over and stored away.
- Bedding is washed weekly.
- Parents are welcome to provide a cotton sheet or blanket if they prefer.

### **Young children**

- Young children sleep on rest mats and have their own personalised bedding kept in a named bag provided by and kept at the nursery.
- Children keep any special toy, book, or comforter that they need for sleep in a bag on their peg until needed.
- Nappies are changed and heavier clothing is removed. Children are asked if they wish to go to the toilet if they are toilet trained.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time. Children are also checked for jewellery which is then removed.
- A separate area of the room is made as quiet as possible, and lights are turned off.
- Young children are settled by the practitioner in charge of sleep that day. They are soothed to sleep. Practitioners may stroke or very gently pat children.
- Sleeping children are supervised within sight and/or hearing of staff at all times. We record the times the children are checked and this is initialled by the practitioner responsible.

### **Further guidance**

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

[\*\*Sudden Infant Death Syndrome \(SIDS\)\*\*](#)

[\*\*Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\)\*\*](#)

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