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. 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 cots and sleeping mats at least two metres apart.

**Children over 2yrs old**

* Staff ensure the room temperature is at an appropriate temperature in between16 to 20 degrees, staff check this with our digital thermometer.
* The children sleep on rest mats and use our settings bedding. Children have their own bedding which is kept separately in a named bag and is washed after use.
* Nappies are changed and heavier clothing is removed before sleep times.
* Hair accessories that may come lose or detach are removed before sleep/rest time.
* A separate area is made quiet, perhaps with soft music playing and blinds are closed.
* 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. Staff will fill in our sleep time chart to ensure the children are checked regularly and that they are safe whilst they are sleeping.
* Staff will wake children in a sensitive and calming manner, if they have not woken up by themselves.

**Young children**

* Staff ensure the room temperature is at an appropriate temperature in between16 to 20 degrees, staff check this with our digital thermometer.
* Young children sleep on rest mats and use our settings bedding. Children have their own bedding which is kept separately in a named bag and is washed after use.
* Young children each have a place to put their clothes and shoes, and in which they keep any special toy, book, or comforter that they need for sleep.
* Nappies are 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.
* A separate area of the room is made as quiet as possible, perhaps with some soft music playing and blinds are closed.
* Young children are settled by their key person. They are soothed to sleep. Key persons may stroke or very gently pat children.
* Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff. Staff will fill in our sleep time chart to ensure the children are checked regularly and that they are safe whilst they are sleeping.
* Staff will wake children in a sensitive and calming manner, if they have not woken up by themselves.

Further guidance

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