

9.10 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.

Procedure

- Children sleep on our pull-out bed or basket and are given a blanket if needed.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- Nappies are changed and heavier clothing is removed.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children or read them a story.
- 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 and this is logged on our register.

This policy was adopted by	Sennen and Land's End Pre-school
On	
Date to be reviewed	
Name of signatory	
Role of signatory	