

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.

At Escrick Pre-school we ensure the following;

- Children sleep on rest mats and have their own clean personalised bedding.
- Children have a suitable place or basket to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their basket.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- A separate area is made quiet and toys are tidied away around them.
- Windows open on hot days to allow fresh air to circulate.
- Children are settled by either their key person or another familiar member of staff and comforted to sleep. The member of 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 on the rest mat.
- Sleeping children are regularly checked at least every **ten minutes** (recorded on the staff board) and are within sight and/or hearing of staff. They will rest/sleep within the Pre-school room on the carpeted areas.

Further guidance

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