



Shipham

C of E First School

Inspiring Growth Through Nature and Community

Early years practice and procedures

Sleep and rest time

Sleep and rest times are key times in the day. Younger children may need to sleep but older children do not usually need to. No child is made to sleep.

Children over 2yrs old

- Children might have a comforter which will be sent in with their bag in the morning. Staff will give this to the child at sleep time.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detached are removed before sleep/rest time.
- Children are settled by their key person and comforted to sleep. Key persons may gently soothe a child.
- 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 and are within sight and/or hearing of staff in our quiet corner of the classroom.

Further guidance

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

<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep>