

# Sturminster Marshall Pre-School



Registered Charity No: 1026037

Ofsted URN; 144318

Affiliated to the Pre-School Learning Alliance

## 09.05 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 1 yrs old

- Children sleep on rest mats or travel cot and have their own personalised bedding.
- Children have a suitable place to store clothes, shoes and a special toy, book or comforter for sleep.
- Nappies 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, perhaps with soft music playing and blinds drawn.
- 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, they are not left to sleep in a buggy.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff

### Young children

- Young children sleep on rest mats.
- Young children each have a place to put their clothes and shoes in, 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 drawn.

Review: October 2022

- 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 supervised within sight and/or hearing of staff at all times.

**Further guidance**

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