



9. Childcare Practice Procedures

9.8 Sleep and Rest Time

We do not have scheduled sleep and/or rest times, however, we understand that some children, particularly younger children, may need to sleep/rest during their day. We do not have the facilities to provide a sleep room.

- We have an area in the main room where children can rest. Cushions, sofas, books and soft toys are provided to enable a cosy, relaxed environment. Blankets are available.
- We have the Den; a separate room used as a library. This is a quiet, sensory area where children can relax away from the hubbub of the main room.
- Through discussions with parents, key people are in tune with the signs of tiredness (of individual children). The key person can then encourage or provide some downtime should it be beneficial. This may be as above or could involve the use of the interactive whiteboard/tablets to view age appropriate, educational programs.
- Staff have resources to include mindfulness in the daily routine. This could include yoga, the use of bubbles or breathing activities.

Where children do still need a routine sleep, we have sleep mats and bed sheets and can provide a safe space for children to sleep by cordoning off part of the main room.

We have regard to the 'Safer Sleep Awareness' guide provided by the Lullaby Trust and will:-

- Monitor the room temperature and make any adjustments necessary to maintain a comfortable sleep temperature (16-20 degrees).
- Use a clean bed sheet for individual children. These will only be used for one child and will be placed in a named bag and washed at the end of each week.
- Ensure no objects are hanging over the child.
- Not use pillows or duvets.
- Remove all soft toys/objects from the area when children are asleep.
- Allow comforters to be used if necessary.
- Make sure heads are not covered by blankets/muslins etc.
- Remove bibs, outer layers of clothing and anything restricting the neck together with any footwear.
- Provide a lightweight blanket if the child would like one.

- Monitor/check sleeping children every 15 minutes; a visual check for the rise and fall of the chest and any change to sleeping position. Checks will be recorded on the Sleep Chart.
- Transfer any children who fall asleep on a cushion/bean bag to a sleep mat.