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 separate sleep room however we try to accommodate the needs of individual children by;

- We have a sofa in the main room where children can rest, where there are also cushions, books and soft toys to enable a cosy, more intimate space. Blankets are available.
- We have the Den; a multi-purpose room which can be transformed into 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 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/rest, we have sleep mats and bed sheets and can provide a safe space for children to sleep by cordoning off a suitable, low traffic area.

We have regard to the Sleeping arrangements (EYFS 2026) and '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 (dummies are not recommended for children over the age of 12 months)
- 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.
- Childre must always be within sight and hearing of staff when sleeping.
- 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.
- Staff read the NHS advice on Sudden Death Syndrome during induction which can be found here https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/

Whilst we endeavor to encourage children to sleep if requested, we will not force a child to. A child will be asked if they want to sleep and encouraged to try. Once resting, if after 20 minutes they have not fallen asleep, they can continue playing and exploring.