



Early years practice procedures

Sleep and Rest Time Policy

At Tiggywinkles we recognise that sleep and rest times are key times in the day for being close and promoting security and are an important part of a child's unique and individual care. Younger children will need to sleep but older children do not usually need to. No child is made to sleep. Our sleep and rest procedures at comply with the EYFS and the latest available safety guidance.

Partnership with families

As part of a child's settling in we will ask about their usual sleep and rest preferences and routines. As far as possible we will follow their usual routine, however, children's routines may change once they are in the setting, and we will respond flexibly. Children's sleep and rest preferences are recorded, and parents/carers are informed of any significant changes to a child's sleep routine.

Staff Training

If a child is not ready to sleep, they are never forced to. If we feel a child is ready to sleep or it is their usual sleep time, we will settle a child to sleep and soothe them, if after 15 minutes they are not sleeping they will be encouraged to rest or go and play as appropriate. Under no circumstances is a child ever physically restrained whilst trying to settle them to sleep. We allow children to sleep for a cycle appropriate to their age and stage as this promotes their development and well-being needs.

Children asleep on arrival at the setting

If a child arrives at the setting asleep, they are sensitively woken whilst the parent/carers are still present. Outdoor clothes are removed, and the child is settled in a cot or on a flat, clean sleeping mat (age dependent), if they are still sleepy, but otherwise well.

The sleep environment

The head teacher ensures a risk assessment is completed for the sleep area to ensure that it is safe and meets the requirements set out in the EYFS and British Safety Standards. This is reviewed each time a change to the environment is made and at least annually. A daily check of this environment takes place before any children arrive.

An emergency plan is displayed, showing what action to take if a child stops breathing whilst asleep. There is a room thermometer that is checked when settling a child to sleep and the temperature recorded.

The sleeping environment must be:

- Be clean and uncluttered.
- There must be no shelves or objects above where the child is sleeping.
- The room temperature should be between 16–20C monitored by a thermometer in the sleep area. This must be recorded on the sleep checklist when children go to sleep with a window opened.
- Children aged over 12 months must be placed down on their back in their own separate sleep space on a mattress on the floor.
- Children must sleep head to toe to reduce the spread of infection.
- Every child has their own clean bedding, consisting of a fitted mat sheet and cellular blanket.
- Every child has a cubby where their clothes and comforter are stored.
- Pillows, cot bumpers and duvets, are not used

Children aged over 12 months

- Children sleep on rest mats and have their own individual bedding.
- Children have a cubby to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- If children fall asleep in-situ it will be necessary to move or wake them to make sure they are comfortable, they are not left to sleep in a buggy and are transitioned to their sleeping mat. Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff. Hats and extra clothing are removed as soon as they are indoors.
- The Den is used for rest time. The blinds are to be closed it is made quiet, perhaps with soft music playing for all children to give those who are to sleep a chance to go to sleep.
- The older children will play at the other end of the classroom, mindful of their sleeping friends. Afternoon activities will commence and those sleeping will complete the activity once they awake. Two members of staff will remain inside the building if those not sleeping go to complete activities outside.
- Sleeping children are checked at least every ten minutes and are within sight and/or hearing of staff. Each checked is noted on the Daily Sleep Log.
- Parents/carers are advised of how long their child has slept at the end of the afternoon session.

- The children's bedding will be placed in a named bag for the week and then washed over the weekend (unless it needs to be washed sooner).

Further guidance

Safer sleep – help for early years providers

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

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

Ofsted staff deployment guidance

Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings (The Lullaby Trust)