

09 Childcare practice procedures

9.8 Sleep and rest time

- If a child becomes tired they are asked if they would like a rest.
- A separate area is made quiet, with soft cushions and a blanket.
- 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 at least every ten minutes and are within sight and/or hearing of staff
 - 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