

Kingsfield Nursery

Prime Times – Sleep and Rest

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.

Children over 2yrs old

- Children sleep on rest beds and have their own personalised bedding.
- Nappies are changed and heavier clothing and shoes removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- Children go into the rainbow room where it is quiet and dark with soft music playing on a projector.
- Children are settled by a member of staff and comforted to sleep. Staff may gently stroke or pat children.
- Children maybe offered their comforter or pacifier to sleep with if requested by parents.
- 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, this is recorded on a timesheet. Children are kept 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

