



Safeguarding and Welfare Requirement: Health

Providers must ensure there are suitable and safe facilities for any children who require sleep or rest time during their session.

Sleep and rest time

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 mats and have clean bedding (belonging to the setting) in good condition and suited to the age of the child.
- Lightweight blankets are used.
- Children are able to bring a special toy, book or comforter for sleep.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- Children are settled by their key person or another member of staff and comforted to sleep. Key persons/staff members may gently stroke or pat children.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable, they are not left to sleep in a buggy or bouncy chair.
- Sleeping children are regularly checked at least every ten minutes (details filled in on a napping log sheet) and are within sight and/or hearing of staff at all times.
 - The blue room or a separate area of the main room is made as quiet as possible, perhaps with some soft music playing or a quiet story.
 - Sleep mats are positioned away from direct sunlight and away from any other hazards such as furniture/toys.
 - The room is kept at a comfortable temperature to ensure children don't get too hot or too cold.



Safeguarding and Welfare Requirement: Health

Providers must ensure there are suitable and safe facilities for any children who require sleep or rest time during their session.

Further guidance

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