

Early years practice

10.5 Sleep and rest

Sleep and rest times are key times in the day for being close and promoting security.

Younger children may need to sleep but older children do not usually need to. No child is made to sleep.

- Children sleep on rest mats / beds.
- 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 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.

This policy was created on: 31/08/25 **and adopted by:** Discovery Vine Ltd

Date to be reviewed: August 2026 (or earlier if necessary)

Signed on behalf of Discovery Vine Ltd: Lynda Garbutt

Name of signatory: Lynda Garbutt

Role of signatory: Managing Director