



## East Brent C of E Academy and Pre-School

### Sleep procedures

Sleep and rest times are key times in the day for supporting children with their development, 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 will be placed in sight of adults in the book area.
- Children will be checked on every 10 minutes and the sleep record will be completed. Staff will indicate whether the child is asleep, awake and check on breathing.
- Children sleep in travel cot with bedding that is specific to them. Staff to liaise with parents about particular blankets.
- Children have a suitable bag from home where they can store clothes, shoes and a special toy, book or comforter for sleep.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- A separate area is made quiet, perhaps with soft music playing (book area)
- Where appropriate, children are settled by their key person and comforted to sleep.
- 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 and are within sight and/or hearing of staff

#### Young children

Children will be placed in sight of adults.

Children will be checked on every 10 minutes and the sleep record will be completed.

- Young children sleep on rest mats and have their own personalised bedding.
- Young children each have a bag to put their clothes and shoes in, and in which they keep any special toy, book, or comforter that they need for sleep.
- Nappies are changed and heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.

- A separate area of the room is made as quiet as possible, some children may need some soft music playing to help them to settle.
- Young children are settled by an adult.
- Sleeping children are supervised within sight and/or hearing of staff at all times.

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