

09 Early years practice procedures

09.10 Sleep and rest time

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

Children who fall asleep

- Children who fall asleep are settled in the book corner on the sofa
- Hair accessories that may come lose or detach are removed
- Sleeping children are regularly checked at least every ten minutes and are always within sight and/or hearing of staff
- The sleep time is logged on the child's care diary on Tapestry