09 Childcare practice procedures

**09.10 Prime times – Sleep**

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.

During the Covid-19 outbreak every effort is made to place cots and sleeping mats at least two metres apart.

**Young Children**

* Hair accessories that may come lose or detach are removed.
* A separate area is made quiet.
* 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

Further guidance

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