



## COUNTESS GYTHA PRESCHOOL

### 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 two years old**

- Children sleep on large bean bags covered by a soft fleecy blanket.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- 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 recorded on the sleep record form situated in the holder on the wall. Children are within sight and/or hearing of staff.

#### **Young children**

- Children sleep on large bean bags covered by a soft fleecy blanket.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- 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 recorded on the sleep record form situated in the holder on the wall. Children are within sight and/or hearing of staff.

Updated: January 2023

Next review date: January 2024