



Early Years Practice

09.10 Prime times – Sleep and rest time

Sleep and rest times are key times in the day for being close and promoting security. Children do not usually need to sleep during their session times and Acorn does not facilitate this practice.

Children over 2yrs old

- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Children who fall asleep may be showing signs of illness or general fatigue, therefore, parents are called and asked to collect them, where appropriate.
- 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](http://www.lullabytrust.org.uk/safer-sleep) (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep

This policy was adopted by Acorn Playgroup and Pre-school on 01 September 2023