09 Early years practice procedures

09.10 Prime times – Sleep and rest time

At Ringrose Kindergarten children do not usually stay for the full days if they still need a nap time and there are no facilities for them to do so.

However, in the event that a child falls asleep:

- Heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed
- A separate area of the room is made as quiet as possible, perhaps with some soft music playing and curtains drawn.
- Sleeping children are always supervised within sight and/or hearing of staff.

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.

Supervision of sleeping children

- A sleeping or resting child is always within sight and hearing of staff.
- A ten-minute timer is used to remind staff to check sleeping children and carry out an active check on their well-being.
- Each active sleeping checks is recorded with the time, and date of the check and is signed by the staff member making the check.

An 'active' sleeping check on a child involves:

- Placing a hand on the child's chest or near their mouth to check they are breathing.
- Visual check: do they look different to usual? Check the colour of their lips and if you gently press their fingernail does blood rush back? For children with dark skin does their palm look yellow?
- Temperature check: ensure the child is not too hot or too cold. This must be done by putting your hand on the skin on their chest or at the back of their neck.
- Check that sheets or blankets are not wrapped around the child or covering their face.

Further guidance

Safer sleep – help for early years providers

- Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice
- NHS safer sleeping information https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/
- Sudden infant death syndrome (SIDS) NHS guidance
- https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/
- Ofsted staff deployment guidance
- Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings (The Lullaby Trust)

This policy was adopted by	Ringrose Kindergarten Chelsea
On	May 2026
Date to be reviewed	October 2027
Signed on behalf of the provider	
Name of signatory	Lucy Hustler
Role of signatory (e.g. chair, director or owner)	Principal