

Happy, Confident, Independent.

***Children develop a sense of belonging, respect and autonomy of voice
through a varied and well-directed early education.***

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.

Further guidance

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

This policy was adopted by

On

Date to be reviewed

Signed on behalf of the provider

Ringrose Kindergarten Chelsea

September 2025

September 2026



Name of signatory

Role of signatory (e.g. chair, director or owner)

Lucy Hustler

Principal