

## 09 Early years practice procedures

### 9.10 Prime times – Sleep and rest time

#### Young children

- It is made clear to parents upon registration that there is no sleep facility for children at the setting, and suitable hours of attendance are agreed based on the child's needs.
- If a child does need to sleep they will be made comfortable on a mat and parents contacted to discuss a plan.
- Sleeping children are always supervised within sight and/or hearing of staff at all times.

#### Further guidance

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

