

Sticky Fingers aspires to provide a safe, fun and welcoming environment for everyone. We offer children experiences to support their development, empowering them to reach their full potential



Sticky Fingers Pre-School
Newlands
% Newlands Primary School
Windermere Avenue
Millbrook
SO16-9QX
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Sticky Fingers Pre-School
Redbridge
% Redbridge Primary school
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Sticky Fingers Pre-school
Tanners Brook
% Regents Park Community
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Sticky Fingers Pre-school
Spring road
% 14th Itchen Scout hut
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Southampton
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<https://www.facebook.com/stickyfingerspreschool>

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09 Early years practice procedures

09.09 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 sleep on rest mats and have their own personalised bedding.
- Children have a suitable place or bag to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their bag (if used).
- Nappies changed and heavier clothing removed.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- A separate area is made quiet, perhaps with soft music playing and curtains drawn/lights dimmed.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- 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 fifteen minutes and are within sight and/or hearing of staff

Further guidance

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