

MARLOW OPPORTUNITY PLAYGROUP

09 Early years practice procedures

09.10 Prime times – Sleep and rest time

As a 3-hour sessional setting, we do not have a designated sleep/nap time for the children. However on occasions, children will fall asleep during the playgroup session, often following a poor night's sleep. Our sleep and rest procedures at Marlow Opportunity Playgroup comply with the EYFS and the latest available safety guidance.

Partnership with families

As part of a child's settling in we will ask about their usual sleep and rest routines, particularly for the younger children. Children's sleep/rests during the playgroup session are recorded, and parents/carers are informed at collection time.

No children are ever forced to sleep and under no circumstances is a child ever physically restrained whilst trying to settle them to sleep. We will speak to parents/carers to determine how long they would like their child to sleep.

Children asleep on arrival at the setting

If a child arrives at the setting asleep, they are sensitively woken if this is the wish of the parents/carers. Outdoor clothes are removed, and the child is settled on a flat, clean sleeping mat or remain in their wheelchair if they are still sleepy, but otherwise well.

If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

The sleep environment and supervision of sleeping children

There is no dedicated sleep environment at Marlow Opportunity Playgroup. Sleeping children are placed in a quiet corner of the hall and supervised at all times by their assigned member of staff (all children are supported 1:1 during their playgroup session).

The position of the sleeping child is dependent on their individual needs. (All the children who attend Marlow Opportunity Playgroup have special needs, and many of these needs are medical and physical.) The member of staff assigned to the child will be aware of that child's needs and the optimum sleeping position for them.

The assigned member of staff is responsible for ensuring the sleeping child is kept warm, using a blanket if necessary. All blankets are washed after use.

Further guidance

Safer sleep – help for early years providers

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

