



09 Childcare practice procedures

09.10 Prime times – Sleep and rests

Younger children may need to sleep/rest if staying a whole day at Playpen, but this rarely happens. No child is made to sleep.

- Young children can sleep on rest mats
- Nappies are changed and heavier clothing is removed if child becomes sleepy.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the room is made as quiet as possible, perhaps with some soft music playing and blinds drawn.
- Sleeping children are supervised within sight and/or hearing of staff at all times.