

## 2.32 REST AND SLEEP POLICY

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### INTRODUCTION

Children are active throughout the day and require time to relax, stop, be calm and recharge. Therefore, routines such as rest/sleep are important for children's health and wellbeing. Providing children with relaxed and unhurried routines similar to their home routines, minimises stress and benefits all children.

### PURPOSE

To provide a safe, relaxed and calming environment and the opportunity to rest/sleep if a child feels the need to do so.

- As most of the 3-and 4-year-old children attend for 3 hours only, a rest or sleep period is not scheduled into the daily routine. However, the children are welcome to rest whenever they feel the need. Two floor beds, pillow and comforter are provided in a quiet area of the classroom when needed.
- The school defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

### STRATEGIES

The primary safe resting and sleeping practices for children in care at this school are:

- All children will be placed on their back to rest when first being settled for a rest. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position.
- All children rest with their face uncovered.
- Light bedding is the preferred option.
- Quiet experiences in a quiet area of the environment are offered to those who do not fall asleep (e.g. reading in the book corner).
- The rest environment (classroom) is free from smoke.
- Staff monitor resting children at regular intervals and supervise the children as per the Education and Care Services National Regulations 2011.
- Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has a high temperature, vomited, or received a trauma to the head.
- The linen used on the mattress will be washed after each use by the parent on the laundry roster. Beds are disinfected after each use.
- Parents are informed of their child's sleep/rest/tiredness by the director at the end of the session.

<b>Relevant Legislation</b>	Education and Care Services National Regulations 2011. Reg. 81 Children (Education and Care Services National Law Application) Act 2010 Section 167, 169
<b>Related to NQS QA</b>	2.1
<b>Sources &amp; Further Reading</b>	Policy adapted from Community Early Learning Australia Australian Children's Education and Care Quality Authority (acecqa.gov.au) Educational Resources SIDS and Kids <a href="http://www.sidsandkids.org">www.sidsandkids.org</a>

<b>POLICY REVIEWED</b>	<b>MODIFICATIONS</b>	<b>NEXT REVIEW DATE</b>
April 2021	Checked regulations, updated copy	2023