

Sleep and Rest Policy

NQS 2.1.2 Each child's comfort is provided for and there are appropriate opportunities for each child's need for sleep, rest and relaxation.

NQS 2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

NQS 3.1.1 Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.

NQS 3.1.2 Premises, furniture and equipment are safe, clean and well maintained.

Introduction

Children need a comfortable relaxing environment so they can rest. This space must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

Our service defines 'rest' as a period of inactivity, solitude, calmness or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important for children to participate in a quiet period during the day in order to rest, relax and recharge. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

We will consult with families about their child's individual needs. We will attempt to cater for the different values and parenting beliefs, cultures or opinions associated with sleep and rest requirements and work in collaboration with families to meet children's needs.

Procedures

The Approved Provider will:

- There are adequate number of appropriate beds available to children that meet Australian Standards.
- The area for rest is well ventilated and has natural lighting.
- Ensure there are enough staff to safely supervise children at rest time.

The Nominated Supervisor will:

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- Ensure beds are clean and well maintained.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Educators and staff will:

- Consult with families about children's rest needs.
- Be sensitive to each child's needs so that rest times are a positive experience.
- Ensure that beds are clean and in good repair.
- Ensure that bed linen is clean and in good repair.

- Ensure bed linen is used by an individual child and will be washed before use by another child by placing all spare linen straight in the wash or sending it home for laundering.
- Arrange children's beds to allow easy access for children and staff.
- Create a relaxing environment for children to rest by playing relaxing music or singing, turning off lights and ensuring children are comfortably clothed.
- Ensure the environment is tranquil and calm for both educators and children.
- Sit with children encouraging them to relax.
Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Maintain adequate supervision and educator ratios throughout the rest time period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's rest time and the service policy regarding the rest time period.
- Respect family preferences regarding rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to rest nor prevented from resting.
- Encourage children to dress appropriately for the room temperature when resting.
- Monitor the room temperature to ensure maximum comfort for the children.

Outside Rest

If children are allowed to rest outdoors, a safe environment must be maintained for children when resting under the shade cloth.

The Nominated Supervisor will:

- Ensure a safety check of the area has been carried out prior to children being settled onto their beds.

Educators and staff will:

- Conduct a safety check of the outdoor sleep area and remove anything that may be a hazard
- Ensure weather conditions are suitable for children to rest comfortably
- Ensure children are adequately dressed for the conditions
- Ensure children are adequately shaded.
- Place beds on a solid surface such as a large mat
- Clean beds after use.

Sources

- Australian Children's Education & Care Quality Authority
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- ECA Code of Ethics
- Guide to the National Quality Standard
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- Revised National Quality Standards
- Glenaeon Preschool Centre Philosophy

Evaluation

All children have appropriate opportunities to sleep, rest and relaxation in accordance with their individual needs.

Review

Policy Implemented: Sept 2017

Policy Reviewed	Modifications	Next Review Due
Jan 2018	<ul style="list-style-type: none">• Changes made to comply with the revised National Quality Standard.	Jan 2019
March 2019	<ul style="list-style-type: none">• Include that beds must meet Australian Standards	March 2020