



## Sleep, Rest & Relaxation Policy

Quality Area 2:  
Children's Health  
and Safety

### POLICY STATEMENT

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

### NATIONAL QUALITY STANDARDS

#### Element 2.1

*Health* - Each child's health and physical activity is supported and promoted

##### Element 2.1.1

*Wellbeing and Comfort* – Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation

#### Element 2.2

*Safety* – Each child is protected

##### Element 2.2.1

*Supervision* – At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

#### Element 3.1

*Design* – The design of the facilities is appropriate for the operation of the service

##### Element 3.1.1

*Fit for purpose* – Outdoor and Indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.

### AIMS

At East Lismore Community Preschool we will provide a range of opportunities for children to sleep, rest and relax throughout the day. We will support children to make appropriate decisions regarding their participation in these opportunities.

We understand that individual families also have needs and beliefs regarding children's sleep and rest and aim to support family's socio-cultural backgrounds, home routines and preferences.

We will always make decisions regarding sleep, rest and relaxation in the best interest of each child while considering the routine and preferences of the family. We will also make decisions based on the age, developmental stages and individual needs of each child.

We will ensure that sleep and rest practices are consistent with contemporary views about children’s health, safety and wellbeing that meet children’s individual needs.

## IMPLEMENTATION – ROLES AND RESPONSIBILITIES

### The Approved Provider will:

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, developmental stages and individual needs of the children. (Regulation 81.)
- Ensure that areas for sleep and rest are well ventilated.

### The Nominated Supervisor will:

- Ensure that children’s’ safety, health and well-being are upheld at all times.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

### Teachers and Educators will:

- Consult with families about children’s sleep and rest needs. Educators will be sensitive to each child’s needs so that sleep and rest times are a positive experience.
- Ensure that bed linen/pillows are clean and in good repair. Bed linen/ pillows used by an individual child will be washed/aired before use by another child.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading or listening to stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- 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. Some children will request to be massaged or patted on the back and this is fine also.
- Maintain educator ratios throughout the rest 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 sleeping or rest times and the service policy regarding sleep and rest times.
- Respect family preferences regarding sleep and 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 sleep nor prevented from sleeping.
- Ensure children will sleep and rest with their face uncovered.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.

Families will:

- Inform the Preschool of their child’s sleep and rest needs including routines at home
- Inform the Preschool of any beliefs or socio-cultural background information that influences a child’s sleep and rest routines and/or needs.

**SOURCES**

Guide to the National Quality Framework 2018

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations

Red Nose Child Care Kit

**LEGISLATION**

Education and Care Services National Regulations: Regulation 81, 103, 105, 110, 115, 168

Australian Consumer Law 2011 – Australian Competition and Consumer Commission

NSW Work Health and Safety Act 2011

Work Health and Safety Regulation 2017

**AUTHORISATION**

This policy was adopted by the Approved Provider of East Lismore Community Preschool on 10<sup>th</sup> June 2020

**REVIEW DATE**

This policy will be monitored to ensure compliance with legislative requirements

This policy is set to be reviewed every 2 years unless required earlier due to changes in the workplace or legislative requirements.

Next review date June 2022