



## SLEEP AND REST POLICY

(This is one component of our Child Safe Environment Policies)

### AIM

The Education and Care Services National Regulations requires Approved Providers to ensure their services have policies and procedures in place for children's sleep and rest. (Regulation 84) This policy is to ensure the safety, health and wellbeing of children attending our service and appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.

### PROCEDURE

The Preschool will

- Review procedures in correlation to the National Quality Standards, National Regulations and Laws
- Conduct a safe sleep and rest risk assessment at least once every 12 months
- Where there are exceptional circumstances that allow for alternate practices other than the safe sleeping practices, the Nominated Supervisor will ensure:
  - a risk minimization plan for the child will be implemented

### THE STAFF WILL:

- respect and cater for each child's specific sleep, rest, and relaxation requirements.
- implement effective sleep and rest routines to support the health and wellbeing of each individual child attending the service.
- have a duty of care to ensure children are provided with:
  - a high level of safety when sleeping and resting as per the Red Nose Australia Recommendations.,
  - every reasonable precaution to protect them from harm and hazard,
  - a secure, peaceful and comfortable environment in which to rest,
  - areas for sleep and rest are well ventilated and have natural lighting,
  - safe well-maintained equipment that meets AS/NZS.
- have sound knowledge of the sleep and rest practices that are used throughout the service.
- Consult with families about their child's individual needs.
- show sensitivity to:
  - different values and parenting beliefs,
  - cultural practices,
  - exceptional circumstances that require alternate practices
- ensure resting equipment is clean and in good condition.
  - All resting equipment will be disinfected between each use.
- Create a relaxing and tranquil atmosphere by:
  - telling stories,
  - playing relaxing music and/or
  - visualisation
- will sit near resting children to provide a sense of security and comfort and encourage them to listen to the music and the stories.
- Communicate with families about their child's sleep/rest routines that are in place.

- Closely monitor sleeping and resting children at regular intervals during the rest/sleep period
- Regardless of the time of day, there will be a comfortable, safe area available if a child requests a rest, or if they are showing clear signs of tiredness.
- Experiences will be offered to pre-schoolers who do not fall asleep within the relaxation time.
- Evaluate and reflect on practices daily.
- All children will be provided with quiet spaces each day within the learning environment for rest and relaxation.

#### PARENT/GUARDIAN INPUT

- Families will provide their child's sleep and rest patterns upon enrolment
- Families will communicate with the staff about their child's sleep/rest routine, any changes that arise and any concerns regarding the sleep/rest routine and practice

#### EVALUATION/REVIEW

This policy will be evaluated as effective if:

- Children view sleep time as a happy and relaxed time.
- Educators are clear about families' requests and children's needs.
- Families are consulted about the children's requirements.

This policy will be reviewed biannually or whenever safe sleep practices change. (Latest update October 2023)

#### SOURCES

ACECQA: Safe Sleeping Education and Care Services Document  
Red Nose Australia  
Australian/New Zealand Safety Standards  
Education and Care Service National Law 2011  
Education and Care Services National Regulations 2011  
National Quality Standards October 2017  
First Years Early Childhood Consulting