

SLEEP AND REST



POLICY STATEMENT

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

GOALS

Our service will ensure that all children have appropriate opportunities for rest and relaxation in accordance with their individual needs. We will provide spaces with room for children to relax and rest, and if they do fall asleep during these times, provision will be made for them to be monitored, safe and comfortable during their sleep. **Educators will be attuned to how each child shows their need for rest and calm. Rest and sleep is individualised, diverse and inclusive.**

ROLES AND RESPONSIBILITIES

Approved Provider responsibilities

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, development stages and individual needs of the children. (Regulation 81.)

Nominated Supervisor responsibilities

- I. Ensure that children's safety, health and well-being are upheld at all times.
- II. Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- III. **Ensure there are adequate numbers of yoga mats and linen available to children.**
- IV. Ensure specific requests from families about a child's sleep and rest and cultural preferences are respected and conveyed to child's educators.
- V. Ensure that areas for sleep and rest are safe, well-ventilated and have natural lighting.
- VI. A Sleep and Rest Risk Assessment is completed and reviewed annually, in consultation with educators and families.

Educator responsibilities

- I. Ensure that yoga mats are clean and in good repair and will be wiped over with warm water and neutral detergent or vinegar between each use and stored safely.
- II. Ensure that any linen and blankets are clean and in good repair. Bed linen is for use by an individual child and will be washed before use by another child. **Specific sleep blankets to be offered to children and used. Avoid the use of pillows.**
- III. Arrange yoga mats to ensure adequate space for each child's individual needs.
- IV. Create a relaxing atmosphere for resting children by playing relaxation music, 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. Children with HSN's are offered weighted blankets and fidget toys.

- V. **Outdoor relaxation opportunities can be offered, with option of laying outside when weather is suitable in shaded areas.**
- VI. Provide a quiet learning environment to encourage children to rest their bodies and minds for 20-30 minutes, this may include yoga exercises displayed on the smartboard. Activities may include small construction or math challenges on the mats, reading stories, and cultural reflection.
- VII. **As children mature, their need for rest may reduce and choices may include quiet games, art table activities, and other small group activities which encourage quiet play.**
- VIII. Maintain minimum educator ratios throughout the rest period.
- IX. Assess each child's circumstances and current health to determine whether higher supervision levels may be required.
- X. If children fall asleep ensure they are comfortable and safe form adults and children moving in the space.
- XI. If children fall asleep they will be monitored, checked every 10 minutes, and this will be recorded in OWNA.
- XII. Ensure educator's presence and offer support when children awake from a rest.
- XIII. Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment and their individual needs are met for recharging.
- XIV. Ensure children will sleep and rest with their face uncovered.
- XV. 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.
- XVI. Consider seasonal weather changes and the room temperature to ensure maximum comfort for the children. Consider the temperature on the floor, especially in winter, understanding that it is usually colder.
- XVII. **Consult children so they have agency and can exercise choice about sleep, rest and relaxation.**

SLEEP AND REST



RELATED GUIDELINES, STANDARDS, FRAMEWORKS, LEGISLATION

National Quality Standards

Quality Area 2: Children's Health and Safety – Standards 2.1, 2.2, 2.2.1, 3.1

Office of the Childrens Guardian: Child Safe Standards

Standard 1: Child safety is embedded in the organisational leadership, governance and culture.

Standard 2: Children participate in decisions affecting them and are taken seriously.

Standard 3: Families and communities are informed and involved.

Standard 7: Staff are equipped with the knowledge, skills and awareness to keep children safe through continual education and training.

Standard 10: Policies and procedures document how the organisation is child safe.

Early Years Learning Framework 2.0 2022:

Outcome 1: Children have a strong sense of identity

Outcome 3: Children have a strong sense of wellbeing

Children have agency and exercise choice about their sleep, rest and relaxation.

Outcome 5: Children are effective communicators

Legislation

Education and Care Services National Regulations: 84A, 84B, 84C, 103, 105, 110, 115, 168

Australian Consumer Law 2011 - Australian Competition and Consumer Commission

The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

RESOURCES / USEFUL LINKS

The Red Nose Child Care Kit - <https://rednose.com.au/page/child-care-kit>

ECPP Sleep and Rest Risk Assessment - November 2023

MONITORING, EVALUATION AND REVIEW

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.