



Sleep and Rest

Review Date: 01/12/2018

Introduction

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.

Goals – What are we going to do?

Evans Head Pre-School Association Inc. will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

Evans Head Pre-School Association Inc. will provide beds that comply with Australian Standards.

Strategies - How will it be done?

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, development stages and individual needs of the children." (Regulation 81.)
- Ensure there are adequate numbers of mattresses and bedding available to children that meet Australian Standards.
- Ensure that areas for sleep and rest are well-ventilated and have natural lighting.
- Ensure that supervision windows will be kept clear to ensure safe supervision of children.

The Nominated Supervisor 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, development stages and individual needs of the children." (Regulation 81.)
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

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 beds/mattresses are clean and in good repair. Beds and mattresses will be wiped over with warm water and neutral detergent or vinegar between each use.
- Ensure that bed linen is clean and in good repair. Bed linen is for use by an individual child and will be washed before use by another child.
- Arrange children's beds to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children, for example, by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children. If needed, educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- Not force a child to rest but by providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Encourage children to rest their bodies and minds for 20-30 minutes of either rest or calming activities such as yoga, stories, etc.
- Maintain adequate supervision and maintain educator ratios whilst children rest.
- 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.
- 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.

Statutory Legislation & Considerations

Education and Care Services
National Regulations

Guidelines for SIDS and Kids Safe
Sleeping in Childcare Facilities

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

Sources

Guide to the National Quality
Standard (3)ACECQA (2011)

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

Standards Australia –
www.standards.org.au

Australian Competition and
Consumer Commission (ACCC) –
www.accc.gov.au – Cot safety PDF

Links to other policies

- Clothing and Footwear
- Supervision
- Family Communication and Participation
- Enrolment and Orientation
- Interactions with Children
- Clean & Maintain the Environment

Evaluation

Communication with families is maintained to encourage a consistent approach in responding appropriately and respectfully to children's sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children.

Adopted by the Management Committee

Signed by: Naomi Simpson, President

Date Signed: 01/12/2016

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