



Sleep and Rest for Children

Reviewed: 23/07/2019 Next Review: August 2020

Education and care services regulation/s	<ul style="list-style-type: none"> • Regulation 168(2)(a) Education and care service must have policies/procedures • Regulation 81 of the Education and Care Services National Regulations
NSW Department of Education policy, procedure or guidelines	<p>The following department document can be accessed from the preschool section of the department's website;</p> <ul style="list-style-type: none"> • Sleep and rest guidelines for department preschools (PDF 152KB)
National Quality Standard(s)	<p>2.1.1: Wellbeing and comfort Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.</p> <p>2.2.1: Supervision At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.</p> <p>3.1: Design The design of the facilities is appropriate for the operation of a service.</p>
Preschool Handbook reference	Wellbeing page 36
School policy or procedure	

Introduction

All children have individual sleep and rest requirements. Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation. In taking reasonable steps to ensure children's needs for sleep and rest are met, children will not be required to lie down or sleep.

The preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs and as advised by the child's parents / carers.

Educators 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)
- Consult with families about children's sleep and rest requirements and be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment.
- Use a range of practices to manage sleep, rest and relaxation needs. Children sleep, rest and relax in a range of different ways. Some children may prefer to quietly rest and read; some may enjoy relaxation activities like guided meditation or yoga; some may need to be more active in order to then sleep and/or relax.

- Ensure that children who do not require sleep or rest have opportunities to engage in appropriate quiet play experiences, such as drawing, listening to a story, or completing a puzzle.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required whilst they are sleeping.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Encourage children to lie on their backs before they fall asleep. A child may then turn over whilst the resting/sleeping to find a comfortable position.
- Ensure children sleep and rest with their face uncovered. If a child's face becomes covered, by any clothing or other whilst they are resting/sleeping, the staff/carer will immediately uncover the child's face. In addition, children should be asked to remove jumpers with hoods and cords and scarves etc. whilst resting and/or sleeping, to reduce the risk of choking or strangulation.
- Maintain adequate and direct supervision and educator to child ratios throughout the rest/sleep period.
- Closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.

Implementation

- Children will be encouraged to recognise their need for rest through the provision of quiet spaces throughout the environment.
- If a child requires rest or is feeling unwell at any time throughout the day, quiet areas, with cushions, are always available and can be accessed by the children if necessary.
- The outdoor environment has been designed to provide quiet areas for children.
- If a child falls asleep the time is recorded so that parents and/or carers can be informed. Sleeping children will be closely monitored by educators.
- During the day we have a dedicated period of time where the children are encouraged to choose a quiet activity, rest in a quiet area or participate in yoga, meditation, audio books etc. Cosmic Kids yoga or various forms of meditation are used as relaxation exercises, promoting quiet and calm.
- We follow the Department of Education Sleep and Rest Guidelines for Preschool.

Evaluation

Communications with families are 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.