



Sleep, Rest & Relaxation Policy

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.

Aim:

Toukley Preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. We will provide beds that comply with Australian Standards.

The risk of Sudden Unexpected Death in Infancy (SUDI) including Sudden Infant Death Syndrome (SIDS), will be minimised by following practices and guidelines set out by health authorities.

Implementation:

“Approved providers, nominated supervisors and educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard”

Safe Bedding

◁ Light bedding is recommended.

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, development stages and individual needs of the children.” (Regulation 81.)
- ◁ Ensure there are adequate opportunities inside and outside for rest and sleep.
- ◁ Ensure there is adequate bedding available for children that meet Australian Standards.
- ◁ Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- ◁ Ensure there is safe supervision of sleeping children.

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.

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. Educators will offer opportunities for children to relax throughout the day in both inside and outside environments.
- ◁ Ensure that beds are clean and in good repair. Beds will be sanitised between each use.
- ◁ Ensure that bed linen is clean and in good repair if borrowed from preschool supplies. Bed linen is for use by an individual child and will be washed before use by another child.
- ◁ Arrange beds and/or rest areas to allow easy access for children and staff.
- ◁ Create a relaxing atmosphere for resting children 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. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.

◁ Maintain adequate supervision and educator ratios with children who are sleeping, resting and relaxing.

◁ Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.

◁ Respect family preferences, cultural practices and the individual needs of the children regarding sleep, rest and relaxation, considering 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. Sleep will be recorded daily for families.

◁ 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.

◁ Encourage children to rest their bodies and minds through rest and relaxation activities such as mindfulness and meditation.

◁ Encourage to participate in staff development about safe sleeping practices. Our service will access Red Nose resources and factsheets to provide information to families on safe sleeping practices on request.

Families will:

◁ Communicate their child's sleep and rest needs to educators.

◁ Provide clean linen for their child on days attending preschool.

Evaluatiuon:

◁ Communication with families is maintained to encourage a consistent approach in responding appropriately and respectfully to children's rest and relaxation needs.

◁ Safe sleeping practices are followed to minimise the risk of harm to children.

◁ 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.

Legislative Requirements:

◁ Education and Care Services National Law: Sections 165, 167

◁ Education and Care Services National Regulations: 81, 103, 105, 110, 115, 168(2)(a)(v)

◁ Australian Consumer Law 2011

◁ Work Health and Safety Act 2011

Links to National Quality Standard:

◁ National Quality Standard Quality Area 2: Children's Health and Safety: Standards 2.1.1, 2.2, 2.2.1, 3.1

◁ Red Nose Safe Sleeping Guidelines

Sources:

◁ ACECQA's Guide to the National Quality Framework

◁ Standards Australia – www.standards.org.au

◁ ACCC Product Safety Australia - www.productsafety.gov.au/publication/keeping-baby-safe-a-guide-to-infant-and-nursery-products

◁ Red Nose Resources & Factsheets - www.rednose.org.au/resources/education

◁ NSW Department of Education, Sleep and rest for children: Policy guidelines for early childhood education and care services - <https://education.nsw.gov.au/early-childhood-education/operating-an-early-childhood-educationservice/policy-and-procedure>

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