



Sleep and Rest Guidelines

National Quality Standard 2.1.2
Regulation 81

Rationale

Sleep is an important factor to all human beings, especially young children. It is vital for young children to be able to rest, to reset as needed, and be fully involved in the learning program.

1. TITLE

Sleep and Rest Guidelines

2. PURPOSE

At The Nest all staff have a duty of care to all children's health and wellbeing. Encouraging children to rest and relax is part of that duty of care. Staff will ensure that children are provided with quiet activities and spaces to rest and relax, as well as a quiet area for any children who wish to sleep.

3. SCOPE

This policy applies to children, families and staff of The Nest

4. OBJECTIVES

1. To provide safe and suitable sleep and rest opportunities for children at The Nest.
2. To assist children to learn about the importance of sleep, relaxation and rest.
3. To provide clear guidelines for supervision of children who sleep at The Nest.

4. POLICY DETAILS

4.1. Educators at The Nest will ensure that relaxation/mindfulness is a part of the daily routine but also available as needed by children throughout the day. Educators ensure activities are provided that support both rest and active play. Educators ensure that there are safe and suitable quiet spaces (e.g. indoor, couches, fold out mat) available for rest as needed. Educators monitor children's well being and signs of tiredness and encourage/support children to access quiet spaces as required.

4.2. If a child falls asleep during the day, the following procedure will take place:

- If required (consideration given to safety and individual children's needs) support the child to move to a designated quiet space. If unable to move the child ensure the space is safe and children are given the opportunity to sleep.
- An educator will remain within sight and hearing distance of the sleeping child, and make sure there are no hazards around the child.
- An educator will ensure adequate supervision of the sleeping child on a regular basis (10 min intervals).
- An educator will record on the daily roll that the child has had a sleep and the duration. This will be communicated with families at pick up time or via phone call.

4.3 Rest areas and resources (e.g. fold out mats, cushions) will be kept in a hygienic manner and cleaned on a regular basis.

6. MONITORING, EVALUATION AND REVIEW

Implementation: All Educators

Monitoring: Dan Jarrad, Principal

Policy Reviewed: July 2021

7. Supporting Documents:

Education and Care Services National Law and Regulations

DECD Safe sleeping for infants and children Procedure July 2017

Safe infant sleeping standards policy directive (SA Health)

Red Nose
Kidsafe SA safe sleeping recommendations