

D-27 Sleep and rest

National Quality Standards (NQS)

2.1	Each child's health is promoted.
2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2.3	Management, educators and staff are aware of their roles and responsibilities to identify and respond to every child at risk of abuse or neglect.
3.1	The design of the facilities is appropriate for the operation of a service.
5.1.2	The dignity and rights of every child are maintained.
6.1	Respectful relationships with families are developed and maintained and families are supported in their parenting role.
6.1.2	The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing.

Education and Care Services National Regulations

Reg. 81	Sleep and rest
Reg. 103	Premises, furniture and equipment to be safe, clean and in good repair
Reg. 105	Furniture, materials and equipment
Reg. 168	Education and care service must have policies and procedures

My Time, Our Place

1.1	Children feel safe, secure, and supported
3.1	Children become strong in their social and emotional wellbeing

Policy Statement

We recognise that all children have individual sleep and rest requirements. We aim to ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs, providing an area which is safe and well supervised to ensure children feel safe and secure in their environment. We will communicate closely with families to discuss their child's individual sleep and rest needs.

Related Policies

- Arrival and Departure Policy
- Building Equipment Repairs and Maintenance Policy
- Child Protection Policy
- Communication Policy

- Daily Routines Policy
- Family Participation and Communication Policy
- First Aid Policy
- Illness and Infectious Diseases Policy
- Interactions with Children Policy
- Management of Incident, Injury and Trauma

Procedure

As per Regulation 81, the Approved Provider and 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.’

A range of issues may influence a school-aged child’s individual requirement for sleep or rest. These include:

- Child’s age
- Developmental needs of children
- Transition to school
- Activities undertaken during the school day
- Factors impacting from home environment, e.g. unstable housing, family conflict, return from overseas travel, neglect
- Child’s general health and wellbeing

Educators recognise the need for restful experiences and opportunities and provide for these in the daily routines, programming and the set-up of the environment. Children are given options to choose to be more active or restful according to their individual needs, throughout the morning and afternoon sessions. A quiet area is available in the Centre where children can relax and engage in quiet activities as needed. Educators observe and are responsive to children communicating they are tired or in need of rest, comfort or assistance.

During Vacation Care, the daily routine is structured so that most experiences and physical activity is scheduled in the morning and early afternoon, to allow children the opportunity to rest after an active day.

Educators will implement the following procedures when a child communicates if they need rest or sleep:

- Provide an area where children may lay down to rest or sleep, such as the couch or quiet area. Pillows are provided for their comfort.
- Ensure the child is effectively supervised at all times
- If a child is feeling tired, an Educator trained in First Aid will monitor the child’s temperature and ascertain whether the child has any other symptom of feeling unwell. A parent or guardian will be contacted if there is any indication of illness.
- Children will be allowed to sleep uninterrupted if they fall asleep.

- A parent or guardian will be informed that the child has had a sleep when the child is collected and provided with any additional information relating to the child’s condition.
- If a child is regularly falling asleep at the service, Educators will communicate closely with the family to ascertain the most appropriate way to support the child’s needs and wellbeing.

The Nominated Supervisor will ensure soft furnishings, furniture and equipment is safe, clean, hygienic, in good repair and fit for its purpose.

Sources

- Community Early Learning Australia – Safe Sleep and Rest Time, Sample Policy
- Education and Care Services National Regulations 2011
- Framework for School-Age Care in Australia – My Time, Our Place
- National Quality Standard – Australian Children’s Education and Care Quality Authority
- United Nations Convention on the Rights of the Child – www.unicef.org.au

Date Endorsed: 09/05/2022

Date of Review: 09/05/2024

Version Control			
Version	Changes Made	Initiated By	Director Sign-off
v.2.202206	- Updated Related Policies	Staff	
v.1.202105	- No changes made		
v.1.201905	- Separate Policy Created	Regulation Requirement	