

# SLEEP AND REST POLICY

All children have individual sleep and rest requirements. Our objective is to meet these needs by providing a relaxing and safe space for them to rest. This environment will be well supervised, ensuring all children feel secure.

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE PRESCHOOLS NATIONAL REGULATIONS	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
168	Education and care services must have policies and procedures
176	Time to notify certain information to Regulatory Authority



## RELATED POLICIES

Physical Environment Policy Health and Safety Policy	Interactions with Children, Family and Staff Policy Work Health and Safety
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## PURPOSE

Central Shoalhaven Mobile Preschool (CSMP) will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. It is a requirement that all venue staff implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

## SCOPE

This policy applies to preschool children, families, staff volunteers and management.

## IMPLEMENTATION

'Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns that teachers and educators need to consider. As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.' (ACECQA)

CSMP recognises 'rest' as a period of inactivity, solitude, calmness, or tranquillity. This may include a child being in a state of sleep. Considering the busy and energetic nature of a child's day, we feel that it is important for children to participate in a quiet period during the day in order to rest their body and mind.

CSMP will consult with families about their child's individual needs, ensuring all parties are aware of the different values, beliefs, practices, or opinions associated with sleep and rest requirements.



### CSMP MANAGEMENT WILL ENSURE:

- reasonable steps are taken to ensure that the needs for sleep and rest of children being educated and cared for by the preschool are met, taking into account a child's age, developmental stage and individual needs
- rest environments will be safe and free from hazards
- areas for rest are well ventilated and have natural light
- venue staff are provided with necessary information regarding sleep and rest policies and their responsibilities in implementing these
- venue staff are provided with any necessary training with regard to sleep and rest that is required to fulfil their role effectively

### EARLY CHILDHOOD TEACHERS AND EDUCATORS WILL:

- take reasonable steps to ensure that the needs for sleep and rest of children at CSMP are met by providing all children at CSMP with the opportunity to rest
- ensure that no child at CSMP is ever forced to have a sleep, nor prevented from sleeping
- ensure that during scheduled rest times, children who **do not** wish to sleep are provided with quiet activities and experiences, whilst those children who **do** wish to sleep are allowed to do so, without being disrupted
- ensure that if a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, there should be a comfortable, safe area available for them to rest
- consider a vast range of strategies to meet children's individual sleep and rest needs
- respond to children's individual cues for sleep (yawning, rubbing eyes, disengagement, crying etc).
- acknowledge children's emotions, feelings and fears in regard to rest time
- maintain up to date knowledge regarding safe sleeping practices
- ensure there are appropriate opportunities to meet each child's need for sleep, rest and relaxation including providing children with comfortable spaces away from the main activity area for relaxation and quiet activities
- ensure they receive information and training to fulfil their role effectively, including being made aware of the sleep and rest policies, their responsibilities in implementing these, and any changes that are made over time
- ensure the child's safety is always the first priority
- ensure children who are sleeping or resting have their face uncovered at all times
- ensure the sleep and rest environment is free from hazards



- consult with families about children’s sleep and rest needs and include children in decision making
- be respectful and sensitive to each child’s needs so that rest times are a positive experience
- ensure that each child’s comfort is provided for
- ensure that any mattresses provided are clean and in good repair
- ensure that any blankets or linen provided is clean and in good repair
- ensure linen is used by an individual child and is washed before use by another child
- maintain adequate supervision and maintain educator ratios throughout the quiet time/rest period
- 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 sleep or rest times and CSMP 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 may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep time will be recorded and communicated to families
- encourage children to dress appropriately for the room temperature when resting or sleeping
- monitor the room temperature to ensure maximum comfort for the children

## SOURCE

ACECQA. (n.d.). Safe sleep and rest practices: <https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices>

Australian Children’s Education & Care Quality Authority. (2014).

Australian Competition and Consumer Commission (ACCC). (2013). Find out more: Keeping baby safe: [https://www.accc.gov.au/system/files/639\\_Keeping%20Baby%20Safe\\_text\\_FA4-WEB%20ONLY.pdf](https://www.accc.gov.au/system/files/639_Keeping%20Baby%20Safe_text_FA4-WEB%20ONLY.pdf)

Early Childhood Australia Code of Ethics. (2016).

Education and Care Preschools National Law Act 2010. (Amended 2018).

Education and Care Preschools National Regulations. (2011)

Guide to the Education and Care Preschools National Law and the Education and Care Preschools National Regulations. (2017).

Guide to the National Quality Framework. (2018). (Amended 2020).

Red Nose: [One to five year old](#)

Revised National Quality Standard. (2018).

Standards Australia – [www.standards.org.au](http://www.standards.org.au)

*The NSW Work Health and Safety Act 2011*

The NSW Work Health and Safety Regulation 2011

## REVIEW

POLICY REVIEWED	June 2021	NEXT REVIEW DATE	June 2022
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