

D-21 SLEEP AND REST

POLICY STATEMENT

Effective rest and, where necessary, sleep strategies are important factors in ensuring a child feels safe, secure and comfortable in the service environment. The service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity and is considered different to a child being in a state of sleep in regards to the school age care of children. Whilst the majority of children who access our service may never need to sleep or rest during their time at the service, it is important that educators can accommodate the rest needs of all children regardless of their age if it is needed. Examples of when this may be necessary are when children are feeling unwell, if they are tired from an excursion or if they have additional needs and their rest requirements are greater than their peers.

(National Quality Standards 2.1 and 2.2, Elements 2.1.1 and 2.2.1)

PROCEDURES

a) Managing the sleep and rest policy and procedures

- In accordance with the Education and Care Services National Law and Regulations, the service will ensure that children's need for sleep and rest in the service are met, having regard to the ages, developmental stages and individual needs of all children.
- Educators at the service will be required to read this policy as part of the orientation process and will be provided with further training/education as required.
- The service will maintain a risk assessment for rest and sleep which will be updated at least annually.
- This policy will be made available for all families to view on the service website or in another form on request.

b) Safe Sleep Practices for all Children

- The service's Sleep and Rest Policy is based on recommendations from the recognised national authority Red Nose.
- Parents/guardians will be consulted regarding their child's need for sleep and rest via the enrolment process and at any time as required. Families individual values and cultural practices in regards to sleep and rest will be respected.
- If a family's beliefs and practices are in conflict with Red Nose recommendations, then the service will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner.
- The service has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care.

- In meeting the service's duty of care, it is a requirement that management and educators implement and adhere to the service's Sleep and Rest Policy.
- School age children will be permitted to choose their own position when resting or sleeping.
- All children will rest with their face uncovered.
- Children's rest environments will be kept free from cigarette or tobacco smoke.
- The rest environment, equipment and materials will be safe and free from hazards.
- Educators will monitor resting children at regular intervals and supervise the rest of the environment.

c) Rest for School Age Children

- If a school age child requests a rest then there will be a designated area for the child to be inactive and calm, away from the main group of children.
- The designated rest area may be a cushion, mat or seat in a quiet section of the care environment.
- Quiet, solitary play experiences are available for those school age children who request the need for a rest or time away from their peers.
- Safe resting practices are relevant to school age children because, if they are resting or sleeping they should be monitored at regular intervals and a school aged child's face should be uncovered when they are sleeping as described above.
- Light bedding is the preferred option if requested by the child.
- Educators will document the sleep time and duration of any child who sleeps via an incident report if there are concerns that a child may be unwell or otherwise make a note in the daybook if required.
- Educators will show awareness of children's comfort and avoiding overcrowding when children need rest or sleep.
- Children resting in what staff could perceive as a hazardous clothing i.e. hood with cords, scarf, hats with cords, should be encouraged to be removed when resting
- Our service will provide a range of both active and restful experiences throughout the program and support children's preferences for participation.

d) Safe Resting Practices for a Child who is Unwell

- Refer to the service's Incident, Illness, Injury and Trauma policy for additional information.
- Child will be encouraged to rest in a quiet, safe place, and will be permitted to rest in a position they find comfortable.
- All children will rest with their face uncovered.
- Children who are unwell will be given the highest supervision priority and monitored at 5-minute intervals and is recorded on the incident, illness, injury and trauma form, especially if the child has a high temperature, vomited or received minor trauma to

their head. For example, a child who has received a blow to the head while playing sport.

- Parents will be contacted immediately to collect the child as soon as possible.

e) The Rest/Sleep Environment and Equipment

- The service will ensure a rest or sleep space is available or can be made available to children at all times. This could include a quiet area with cushions, a book corner with beanbags, a lounge or armchair etc.
- The area and equipment will be checked regularly as part of the services safety check and hazard identification practices.
- Hygiene standards will be maintained when children use the rest/sleep area and equipment such as pillowcases and blankets, will be regularly washed, particularly when a child is unwell.
- There may be occasions where children with additional needs will need to sleep or rest in their wheelchairs or other equipment such as a modified stroller. It is important that children are not left alone whilst sleeping in these and that the restraints are sufficiently fastened.
- The service will ensure the room temperature, airflow, noise and lighting is conducive to sleep and rest when necessary.
- Children's clothing items should be checked prior to them sleeping to ensure it doesn't present any hazards to them whilst asleep.

CONSIDERATIONS

National Quality Standards

2.1	Health	Each child's health and physical activity is supported and promoted
2.2	Safety	Each child is protected
3.1	Design	The design of the facilities is appropriate for the operation of a service
3.2	Use	The service environment is inclusive, promotes competence and supports exploration and play-based learning
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
3.1.1	Fit for purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained

3.2.1	Inclusive environment	Outdoor and indoor spaces are organized and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments
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Education and Care Service National Regulations 2011

84A	Sleep and rest
84B	Sleep and rest policies and procedures
84C	Risk assessment for purposes of sleep and rest policies and procedures
85	Incident, injury, trauma and illness policies and procedures
87	Incident, injury, trauma and illness record

Related Policies / Forms

<p>Safety checklists</p> <p>My Time, Our Place</p> <p>Sleep and Rest Risk Assessment</p> <p>Red Nose recommendations</p> <p>D-8 Management of incident, illness, trauma and injury</p> <p>D-12 Providing a child safe environment</p>

ENDORSEMENT AND REVIEWS

Date	Action
14.01.2020	Approved by SNCC Board
01.03.2024	Last Review Date
September 2027	Next Review Date