



Sleep and Rest

National Quality Standards

Area 2 - Children's health and safety

Standard 2.2 - Safety

Elements:

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.

Children (Education and Care Services) National Regulations (2011 SI 653):

s 168	Education and care service must have policies and procedures
Reg. 81	Sleep and rest

Related Policies:

- Providing a Child Safe Environment
- Interactions with Children

Policy Statement:

Adventure OSHC always aims to meet every child's specific needs for rest and relaxation, which is done in a safe and compassionate way that considers the preferences and the daily routines of each child's family. We understand that adequate rest and relaxation (and sleep if necessary) are important elements to ensure that a child feels safe and comfortable in our Service. Therefore, we define 'rest' as a period of inactivity, solitude, calmness or tranquillity, and is considered different to a child being in a state of sleep. This is because this policy relates to school aged children.

Purpose:

Even though the majority of children do not need to sleep at our Services, and may never need it during this time, our Educators are still able to accommodate for the rest needs of all the children who attend our Services, regardless of their age, if they need rest. 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)**



Scope:

This Policy applies to children, families, staff and management.

Implementation:

Safe sleep practices for all children:

- Our Service will always ensure the needs for sleep and rest of all children are met in accordance with their ages, developmental stages, and their individual needs. This is maintained in accordance with the Education and Care Services National Law and Regulations.
- Our Sleep and Rest Policy has its foundations from evidence-based practices detailed on the ACECQA website.
- We will consult with each family about their child's individual needs relating to sleep and rest, and we will be aware of different values, parenting, and cultural beliefs that are associated with rest.
 - If a family's beliefs conflict with evidence-based practice recommendations, the Service will not endorse an alternative practice to evidence-based recommendations unless the Service is given written advice from a medical practitioner in relation to the child.
- **The Service has a duty of care to ensure all children are provided with a high level of safety. We will adhere to the following:**
 - All children rest with their face uncovered.
 - Children's rest environments are not obstructed with cigarette smoke.
 - The rest-environment, equipment and materials will be safe and free from hazards.
 - Educators monitor resting children at regular intervals and supervise the rest environment.
 - Light bedding will be available if requested by a child during rest or sleep.

Rest for school aged children:

- When a school aged child requests a rest, an Educator will ensure that there is a designated area for the child to be inactive and calm, that is positioned away from the main group of children.
- The designated rest area may be a cushion, mat or seat in a quiet section of the centre.
- Calm and quiet play experiences are available for children who require this.
- Educators will be aware of the children's comfort and will avoid overcrowding when children are in need of rest/sleep.
- The Service will provide both active and calm activities throughout the program and will support children's participation and preferences when choosing these activities.
- Kindy children will be reminded to use the toilet before sleeping.

Safe resting practices for a child who is unwell:



- Educators will encourage the child to rest in a quiet, comfortable and safe space.
- Educators will encourage the child to lie down and make themselves comfortable when they show signs of being unwell.
- Children will rest with their face uncovered.
- Children who are unwell will be highly prioritised with supervision and monitoring. They will be monitored constantly if they have a high temperature, have vomited, or received major trauma to their head. Parents will then be contacted as soon as possible to make arrangements for the child's collection as soon as possible.
- An illness report will be completed and shared with the collecting parent, and the parent may take a photo of the illness report.

Rest/sleep environment and equipment:

- The service will ensure a rest or sleep space is available constantly, or will be made available to children at all times when needed, e.g. a quiet area on a mat with cushions, a reading corner with beanbags and blankets, a lounge with blankets etc.
- The area and the equipment will be checked regularly as part of the safety check for the Service. Hazards will be removed.
- Hygiene standards will be maintained when children use the rest/sleep area and equipment, e.g. regularly washing pillowcases and blankets, especially when an unwell child has used them.
- On some occasions, children with additional needs will need to sleep or rest in wheelchairs or modified strollers etc. In these situations, it is important that children are not left alone whilst sleeping and that restraints are sufficiently fastened.
- The Service Educators will ensure that the room temperature, airflow, lighting and noise is altered and remains low when sleep and rest is necessary.

Sources:

- Education and Care Services National Regulations (2011 SI 653)
- National Quality Standards

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