



## Sleep and Rest

### National Quality Standards

<b>National Quality Area 2: Children’s health and safety</b> Element 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.
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### Education and Care Services National Regulations

<b>Children (Education and Care Services) National Regulations (2011 SI 653) s 168</b>	<b>Education and care service must have policies and procedures</b> (1) The approved provider of an education and care service must ensure that the service has in place policies and procedures in relation to the matters set out in sub-regulation (2). (2) Policies and procedures are required in relation to the following— (v) sleep and rest for children;
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### Policy:

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.

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. [\(National Quality Standards 2.1 and 2.2, Elements 2.1.1 and 2.2.1\)](#)

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 and Department of Education websites.

This policy will always be available for parents to view on our website and any major updates will be communicated with parents directly via Xplor Comms.

## Implementation:

### Protection from risks during sleep:

- 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 e.g. away from shelves, wall hangings, drawers and high foot traffic areas
- Educators monitor resting children at regular intervals and supervise the rest environment.

### Supervision/Monitoring during sleep:

- Sleeping children will be checked on every 10 minutes, and the rise and fall of their chest will be looked at, as well as the colour of their lips and skin.
- Children with medical conditions will be monitored closely, especially if they are showing signs of illness. Parents will be contacted if this is the case.
- Sleep periods will be noted through the Playground app for parents to view.

### Sleep/rest needs of school aged children:

- 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.
- Light bedding will be available if requested by a child during rest or sleep.
- 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.
- Kindergarten 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.
- An illness report will be completed on Playground and shared with the collecting parent.

## **Rest/sleep environment and equipment:**

- Staff will be advised during their orientation period on the best way to set up a sleep/rest area and will demonstrate this. They will read through the sleep policy and risk assessment.
- 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 adequate when sleep and rest is necessary.

# ADVENTURE OSHC



## Sources:

- National Quality Framework
- Education and Care Services National Regulations (2011 SI 653)
- Supervision during sleep and rest - NSW Government

<b>Version Control</b>	13 March 2021
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