



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. 84A	Sleep and rest
Reg. 84B	Sleep and rest policies and procedures
Reg. 84C	Risk assessment for purposes of sleep and rest policies and procedure

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.

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.



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. This policy will be available to parents at staff at all times via our website or QR codes at the service 84B (m)

Implementation:

Children will be protected from any risks identified in a risk assessment - 84B (a)

- In line with regulation 84C, our service will conduct and review a risk assessment every 12 months to ensure the continued safety of children during their time resting at our service.
- Our risk assessment will consider all sections of regulation 84C, and all staff will be required to read the risk assessment at the time of their orientation 84B (g)
- All staff members will be kept updated via email/whatsapp group chats should there be any change to this risk assessment at the time of its annual review 84B (g)

We will adhere to the following in relation to the above:

- Educators will be trained on how to set up a safe rest environment during their orientation sessions.
- 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 - 84B (b)

- 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. 84B (h)



- 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 - 84B (c)

- Educators will encourage the child to rest in a quiet, comfortable and safe space. Services will always have a quiet area available for children to rest (tents/beanbags/cushions away from the main group of children) **84B (h)**
- 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.

Requests from families about a child's sleep and rest and cultural preferences - 84B (d)

- 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.

Supervision and monitoring - 84B (e)

(i) The method and frequency of checking the safety, health and wellbeing of children during sleep and rest periods:

- Where a child requests time to rest, an educator will always be made available to supervise the child while (within sight and hearing distance) also ensuring the other children within the care environment are supervised adequately. This could mean moving the rest area to a new location.
- Where a child has fallen asleep, educators will check on the child to determine if this is due to illness, or if the child is just tired.
- If due to illness, the child's parent/caregiver will be called to collect the child.
- If the child is just tired, educators will check on the child every 5-10mins and will ensure there is regular rise and fall of the chest, and that the child's skin/lip colour remains normal for that child.

(ii) The documentation of sleep and rest periods:



- Where a child has fallen asleep in our care, the educator will note down the time that the child has fallen asleep and the time that they wake up. This information will be provided to parents at the time of pick up.

Rest/sleep environment and equipment 84B (f, i, j):

- 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. 84B (k)

Sources:

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

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