

Sleep and Rest for Children

Quality Area 2 – Children’s Health and Safety

Introduction

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

Goals

Quirindi Preschool Kindergarten will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. Quirindi Preschool Kindergarten does not have set sleep times within our daily routine. Due to the nature of implementing small groups and using the whole environment both indoors and outdoors, children have many opportunities to naturally self-regulate their need for quieter experiences to rest their bodies and minds. If a child requires sleep due to tiredness or illness, educators are flexible to support the individual children’s needs.

Strategies

“Approved Providers, Nominated Supervisor and Educators have a shared duty of care to ensure children are provided with a high level of safety when sleeping and resting, including adequate lighting to enable effective supervision by staff and ventilation for children, and every reasonable precaution is taken to protect them from harm and hazard”

Roles and Responsibilities

Role	Authority/Responsibility For
Approved Provider	<ul style="list-style-type: none"> ▪ “Take reasonable steps to ensure that the need for sleep and rest of children being educated and cared for by our service are met, having regard to the ages, development stages and individual needs of the children.” (regulation 84A). ▪ Ensure there are policies and procedures in place for managing sleep and rest for children (regulation 168) and take reasonable steps to ensure those policies and procedures are followed (regulation 170). ▪ Undertake a risk assessment to ensure adequate supervision and monitoring of children during periods of sleep and rest is conducted. ▪ Ensure that the obligations under the Education and Care Services National Law and National Regulations are met. ▪ Ensure educators (including casual/relief staff) receive information and induction training to fulfil their roles effectively, including being made aware of the sleep and rest policies, their responsibilities in implementing these, and any changes that are made over time. ▪ Take reasonable steps to ensure that Nominated Supervisor, educators, staff and volunteers follow the policy and procedures. ▪ Ensure the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, developmental stages and individual needs of the children. ▪ Ensure the premises, furniture and equipment are safe, clean and in good repair. ▪ Ensure that each child has access to sufficient furniture, materials and

	<p>developmentally appropriate equipment suitable for the education and care for that child.</p> <ul style="list-style-type: none"> ▪ Ensure that the indoor spaces used by children are well ventilated; have adequate natural light; and are maintained at a temperature that ensures the safety and wellbeing of children ▪ Ensure sleep and rest environments are free from cigarette or tobacco smoke. ▪ Ensure that the premises are designed to facilitate supervision
--	--

Roles and Responsibilities

Role	Authority/Responsibility For
Nominated Supervisor	<ul style="list-style-type: none"> ▪ Ensure that children’s safety, health and well-being are upheld at all times ▪ Maintain up to date knowledge and training regarding safe sleeping practice and communicate this information to educators and families ▪ Support all educators to have the knowledge, training and practical skills to implement safe sleep and rest practices, develop secure attachments with children and provide sensitive and responsive care ▪ Ensure there is a procedure for educators to physical check of children sleeping and resting ▪ Communicate to families that sleep time is not a part of Quirindi Preschool’s Kindergarten policy. The routine and small groups offer many opportunities for children to self-regulate their need for quiet times. Communicate that if children fall asleep, they will be resting on a small mat.
Early Childhood Educators	<ul style="list-style-type: none"> ▪ Consult with families about children’s rest and sleep needs. Educators will be sensitive to each child’s needs so that sleep and rest times are a positive experience ▪ Promote children’s agency and decision making by providing routines and environments, both indoors and outdoors, that facilitate sleep and rest opportunities ▪ 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 sleeping or rest times and the service 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 with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. ▪ Ensure children will sleep and rest with their face uncovered ▪ Opportunities are given throughout the day to create a relaxing atmosphere for children to rest their minds and bodies. These may include being outside under the trees engaging in quiet activities, quiet activities inside, group sizes, yoga, breathing exercises, listening to relaxation music, reading stories, and cultural reflection. The environment should be calm for both educators and children. ▪ Maintain adequate supervision and maintain educator ratios throughout the opportunities to rest. ▪ Assess each child’s circumstances and current health to determine whether higher supervision levels and checks are required. ▪ Communicate with families about their child’s resting needs, health or sleeping times and the Quirindi Preschool Kindergarten policy regarding rest or sleep

	<p>times.</p> <ul style="list-style-type: none"> ▪ Communicate to families that sleep time is not a part of Quirindi Preschool's Kindergarten policy. The routine and small groups offer many opportunities for children to self-regulate their need for quiet times. Communicate that if children fall asleep they will be resting on a small mat. ▪ Small groups offer Quirindi Preschool Kindergarten educators' opportunities of developing strong relationships with the children and awareness of children's individual needs. ▪ Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for children.
Families	<ul style="list-style-type: none"> ▪ Regularly update Quirindi Preschool Kindergarten on their child's sleeping routines and patterns ▪ Provide informal updates on the previous night's sleep to assist with sleeping during the day ▪ Provide specified bedding if required by the service ▪ Dress their child appropriately for the weather conditions and provide additional clothing ▪ Review the services policies and procedures.

Monitoring, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every 12 months.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

Related Guidelines, Standards, Frameworks

- National Quality Standard Quality Area 2: Children's Health and Safety: Standards QA2: 2.2.2, 2.1.2 QA3: 3.1.1, 3.1.2 QA6: 6.1.2 QA7: 7.1.3
- Red Nose Safe Sleeping Guidelines

Sources

- ACECQA: Sleep and Rest for Children: Policy Guidelines – www.acecqa.gov.au/sites/default/files/2023-08/policyGuidelines_sleepRestForChildren_July.pdf
- Red Nose Safe Sleeping Guidelines

Links to Other Policies

- Administration of First Aid
- Clean and Maintaining the Environment
- Clothing and Footwear
- Emergency Management
- Enrolment and Orientation

- Family Communication and Participation
- Interactions with Children
- Providing a Child Safe Environment
- Supervision