



## Rest and Sleep Procedure

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. The preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

### Guidelines and Procedures

- Staff will undertake a risk assessment to ensure adequate supervision and monitoring of children during periods of rest and sleep. A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm play experience.
- Children are to sleep and rest with their face uncovered.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children. Educators will closely monitor sleeping and resting children and our sleep rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- Educators will regularly review and update sleep and rest policies and procedures to ensure they are maintained in line with best practice principles and guidelines.
- Ensure that mattresses are clean and in good repair. Mattresses will be wiped over with a neutral detergent between each use
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, engaging in yoga and mindfulness activities
- If a child does fall asleep on a surface such as a couch unexpectedly during the day, educators will safely transport child onto a mattress in a safe and quiet area and maintain adequate supervision and regular checks.

## References

- *Education and Care Services National Law and Regulations*
- *Department for Education Safe sleeping for infants and children Procedure July 2017*
- *Safe infant sleeping standards policy directive (SA Health)*
- *Red Nose*
- *Kid safe SA safe sleeping recommendations*
- *ACEQUA safe sleep and rest practices*