

St Joseph's Preschool

Sleep, Rest and Relaxation Policy



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Policy statement

Our Service aims to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

Background

The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place for children's sleep and rest. While all children need rest and relaxation, this is an area of service policy and procedure that needs to be very carefully monitored and reviewed to ensure risks are addressed at all times. Children's health and safety while attending our service, is our number one priority.

NQS

QA2	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.
	2.1.2	Health practices and procedures - Effective illness and injury management and hygiene practices are promoted and implemented
	2.2.1	Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
	3.1.1	Fit for purpose - Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
	3.1.2	Upkeep - Premises, furniture and equipment are safe, clean and well maintained
	6.1.2	Parent views are respected - The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing
	6.1.3	Families are supported - Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing
	7.1.3	Roles and responsibilities - Roles and responsibilities are clearly defined, and understood, and support effective decision-making and operation of the service

National Law

Section	165	Offence to inadequately supervise children
	167	Offence relating to protection of children from harm and hazards



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National Regulations

Regs	81	Sleep and Rest
	82	Tobacco, drug and alcohol-free environment
	87	Incident, injury, trauma and illness record
	103	Premises, furniture and equipment to be safe, clean and in good repair
	105	Furniture, materials and equipment
	106	Laundry and hygiene facilities
	107	Space requirements – indoor space
	110	Ventilation and natural light
	115	Premises designed to facilitate supervision
	168(2)(a)(v)	Education and Care Services must have policies and procedures relating to sleep and rest for children
	170	Policies and procedures to be followed
	171	Policies and procedures to be kept available
	172	Notification of change to policies or procedures

EYLF

LO3	Children take increasing responsibility for their own health and wellbeing
	<ul style="list-style-type: none">• Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).• Educators consider the pace of the day within the context of the community.• Educators provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding participation.

Related Policies

- Enrolment Policy
- Governance Policy
- Health, Hygiene and Safe Food Policy
- Incident, Injury, Trauma and Illness Policy
- Medical Conditions Policy
- Physical Environment Policy
- Staffing Arrangements Policy
- Tobacco, Drug and Alcohol Policy



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Implementation

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Rest periods are included in all children's daily routines, consistent with their developmental needs, including a short period of rest each day for older children.

Educators have a legal obligation to ensure children are safe when sleeping or resting, and our safe sleep and rest procedures follow current Red Nose guidelines, the recognised national authority in this area, as well as relevant guidance from ACECQA and our Regulatory Authority. Educators will accommodate any requests about their child's sleeping practices where these are not inconsistent with the safe sleeping practices discussed in the policy.

Educators must also comply with laws requiring them to offer children sleep and rest based on their age, development and individual sleep and rest needs. Educators will take into account families' preferences about the amount of sleep their child has at the service, but if a child is displaying signs of tiredness, educators must allow the child to sleep or rest for a reasonable period of time.

Where families are concerned that children's sleep at the service is impacting night sleep patterns, educators will discuss expected sleep patterns with families based on advice from recognised authorities and adjust a child's sleep time at the service if appropriate. The Nominated Supervisor and educators, however, will make the final decision about the child's sleep and rest at the service to ensure they can meet their obligations. For example, if a resting child falls asleep without assistance in instances where families have requested the child not have naps, educators may allow the child to sleep for a period they believe is in the best interests of the child.

Approved Provider Responsibilities

The Approved Provider must ensure systems are in place to ensure the health and safety of children, including during periods of sleep and rest. These systems include effective induction processes, training opportunities, spot checks and audits of educator practices and sleep/rest environment, and procedures ensuring compliance with policies and procedures, including supervision and safe sleep practices.

The Approved Provider is also responsible for ensuring there is suitable furniture and equipment and the environment is hygienic and comfortable.



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Nominated Supervisor/Director Responsibilities

The Nominated Supervisor/Director must ensure the environment and equipment are safe and reflect best practice guidelines from recognised authorities, and educators understand and follow service sleep and rest policies and procedures, including the safe sleeping practices in this policy at all times.

To promote children's safety and wellbeing during sleep and rest periods, the Nominated Supervisor will also ensure:

- sleep and rest environments are quiet and restful
- there are comfortable spaces for children to engage in quiet activities if they're not sleeping or resting
- rostering enables adequate supervision of sleeping and resting children
- ratios are maintained at all times children are sleeping and resting
- information about safe sleeping practices is discussed during enrolment and displayed or available in the parent information area.

Family Responsibilities

If a child has a medical condition which prevents educators from following these procedures, for example the child cannot sleep on their back, a medical practitioner must authorise an alternative resting practice in writing as part of the child's Medical Management Plan.

Families should also update educators on their child's sleeping routines and patterns when these change, and let educators know when their child has not slept well during the night.

Educator Responsibilities

To ensure children's safety and wellbeing during sleep and rest periods, educators and volunteers will:

- ensure they understand and follow the safe sleeping practices in this policy at all times
- ensure they can always see and hear sleeping or resting children
- accommodate each child's and family's preferences, for rest, sleep and clothing, including cultural and religious preferences, to the extent they are consistent with this policy
- provide children who do not require sleep or rest with quiet, meaningful activities



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- encourage children to communicate their needs for sleep and rest and make appropriate decisions about these needs
- support children who need rest and relaxation outside the designated rest time
- play calm, relaxing music
- communicate daily with families about their child's sleep and rest routines
- implement and follow the safe sleeping practices, with the only exception based on written authorisation from a child's doctor
- record the time children sleep and rest and provide this information to families.

Safe Sleeping Practices

All children

- can always see and hear sleeping or resting children and children actively supervised ie educators are not distracted by other duties
- child's face is never covered when they sleep or rest
- regular physical checks of all sleeping or resting children paying particular attention to breathing patterns and skin colour. Checks will be more frequent if there are increased risk factors eg medical conditions, illness or sleep issues
- temperature of rest environment monitored to ensure it's not too hot or cold
- adequate space between sleeping and resting children.

Sleep and Rest Environment

The Nominated Supervisor will conduct regular safety checks of the rest environment and equipment.

Hygiene

To ensure sleeping environments are hygienic educators will:

- wipe sleep mats after use.

Children's Clothing

To ensure children's comfort and safety at the service clothing must minimise the risk of injury during sleep. Educators may remove jewellery, clothing and teething necklaces if children wear them to the service.



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Amber Teething Necklaces and Bracelets

Based on Australian Government product safety warnings, we do not allow children to wear amber teething necklaces or bracelets at our service. This is to minimise the risk they may choke on the beads if the necklaces or bracelets break apart.

To ensure children's comfort educators and volunteers will:

- ensure children are appropriately dressed for the weather, play experiences, and rest and sleep
- provide clean spare clothing to children if needed
- encourage children to use aprons for messy play and art experiences to protect their clothing.

Sources

- Education and Care Services National Law and Regulations
- Early Years Learning Framework
- Work Health and Safety Act 2012
- Work Health and Safety Regulations 2012
- Red Nose <https://rednose.com.au/>
- NHMRC: Staying Healthy Preventing infectious diseases in early childhood education and care services
- NQF e-bulletin Qld 9.5.16
- ACECQA Safe sleep and rest practices Information Sheet
- NSW Department of Education: Sleep and rest for children – Policy/Procedure guidelines for ECEC

Review

- The policy will be reviewed annually by:
- Management
- Employees
- Families
- Interested Parties