



## Sleep and Rest Procedure

### Purpose

Children have different sleep, rest, and relaxation needs. Children of the same age can have different sleep patterns which is taken into consideration at Goodwood Preschool. Our service believes in a short period of rest or relaxation each day for every child to ensure their growth and development. We will aim to respect and cater for each child's specific needs and believe it is important that children learn to understand their body's needs and to respond accordingly.

This Sleep and Rest procedure must be read alongside the Department for Education procedure and together address the requirements outlined in Regulation 168 of the National Regulations for Education and Care Services.

### Principles

The following principles have informed our sleep and rest procedure at Goodwood Preschool.

- Children have agency and exercise choice about their sleep, rest and relaxation.
- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at Preschool.
- Approved providers, nominated supervisors and educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting, and every reasonable precaution is taken to protect them from harm and hazard.
- Approved providers are responsible for ensuring sleep and rest procedures are in place.
- Procedures should be based on current research and recommended evidence-based principles and guidelines. Red Nose (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children.
- Regularly review and update sleep and rest procedures to ensure they are maintained in line with best practice principles and guidelines.

### Practices

Providing a safe sleeping/resting environment:

- Children should sleep and rest with their face uncovered.
- Site leaders/teachers must ensure that sleeping environments are assessed to identify and remove all potential hazards. The floor is to be clean and free from hazards.
- In accordance with Regulation 84B and 84C, a risk assessment has been conducted to outline any circumstances that may affect the safety, health or wellbeing of children during sleep or rest.
- When considering supervision requirements of sleeping children, an assessment of each child's circumstances and needs should be undertaken to determine any risk factors. E.g. a higher risk may be associated with children with colds or chronic lung disorders, they may require a higher level of supervision while sleeping.

- Sleeping children should always be within sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- During quiet times to support children to rest, soft relaxation music is played through the interactive television.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.

If a child falls asleep:

- If a child falls asleep on the floor, the other children will be asked to respect the child's space and to be aware of the sleeping child.
- An educator will remain within sight and hearing distances of the sleeping child and make sure that there are no hazards around the child.
- The educator who is within sight will be responsible for checking on the sleeping child every 10 minutes, including checking the child's breathing and the colour of their skin.
- Checks will be documented in a Sleep register.
- The child's family will be informed if their child has fallen asleep during the day.

A collaborative Partnership with Families:

- Site leader/nominated supervisor/teachers will consult with families about their child's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.
- Families are informed of the service's safe sleep/rest procedure and practices through the parent handbook.

Document Review History

Date Approved

August 2024

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July 2025

Sources

Red Nose Australia

ACECQA Guide to the NQF

ACECQA Sleep and rest legislative requirements

Early Years Learning Framework 2022