

Policy Statement

Our Service will be aware of children's requirements for children's need for sleep and rest. Issues that influence a School-aged child's individual requirement for sleep or rest include the child's age, transition to School, activities undertaken during the School day, disrupting factors impacting from home e.g. unstable housing, family conflict, return from overseas travel, child's general health and wellbeing. Factors that impact the comfort of the group include group size, location dynamics, environment and experience options, transport modes, age and development needs of children.

Rationale

The National Quality Standard requires that each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation. In meeting these requirements the National Regulations further require the Service to consider the ages, development stages and individual needs of the children (Regulation 81).

Considerations

- ✓ Education and Care Services National Regulations (current version 1 February 2018)
 - Regulation 168 (2) (V) Sleep and Rest for children
- ✓ National Quality Standard
 - Element 2.1.1Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation

Procedure

- Educators recognise the need for and provide a range of active and restful experiences:-
 - in the daily routines
 - in program and excursion planning
 - in environment setup
- Educators allow children options to choose to be more active or restful according to their needs and to have down time:-
 - straight after School
 - after excursions
 - after highly active experiences
- Educators will provide children with opportunities for restful activities:-
 - Music
 - Books
 - chill out area set up with cushions or mats or a sofa/futon is provided where children can set up a rest space as needed
- Educators observe and are responsive to children communicating they are tired or in need of rest, comfort or assistance
- Centre Coordinator will ensure soft furnishings are in clean and hygienic order- noting frequency of cleaning in the Cleaning Schedule

Checklist for Staff

- Ensure children's needs for sleep and rest are recognised
- Educators allow children to have the choice of active or restful activities
- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at the Centre
- Co ordinators to ensure soft furnishings are cleaned according to Cleaning Schedule

_____end of policy_____

Policy is only endorsed if initialled by 2 members of the Management Committee

Endorsed by the Management Committee on the 01st October 2017

Sleep and Rest for Children Policy is to be reviewed by the 01st October 2020