

Elizabeth O'Grady Kindergarten

Rest and Sleep Policy/Procedure

At Elizabeth O'Grady Kindergarten we understand that effective sleep and rest routines are essential in ensuring the development, growth, social and emotional well-being of each child in our care.

Our centre is designed for educational purposes but we understand that being at Kindy for a full day can be very tiring for some children.

If a parent feels that a full day will be too much for their child, we will discuss with the parent and determine the best for that child. That may include starting off their Kindy time doing half days and gradually increasing their time, once they are ready.

Children needing a sleep/rest will always remain under the direct supervision of an educator, they will not be placed in a separate room to be on their own.

At our centre:

- We will provide them with a comfortable place for resting when needed.
- If children fall asleep during the day we supervise them and ensure they are comfortable and safe at all times. We will record a child's sleep on the Sleep and Rest sheet found on the kitchen bench next to our policies folder.
- We will inform parents if their child has fallen asleep.
- If the child is extremely tired and it is interrupting their behaviour and learning, we will contact the parents to discuss and determine whether the child needs to be collected for a larger sleep at home.
- If the child appears to be sick, we will supervise them and contact the parents immediately to inform them, discuss and arrange collection (refer to our Dealing with Medical Conditions Policy).
- Children who are unwell will be given the highest supervision priority and monitored constantly. Parents will be contacted and required first aid given. This applies especially if the child has:
 - a high temperature
 - vomited
 - received significant trauma to their head

Children:

When a child says or shows that they are tired and want a sleep:

- If a parent has notified us that their child may be tired due to a late night, restless sleep, we will call the parent to inform them and we will provide a place for them to rest and we will supervise them. We will record it on the Sleep and Rest sheet.

When a child says or shows that they just want a rest:

- If a child says that they need a rest we have a couch, that is supervised during inside time, for them to rest on. Or we have large cushions outside that are supervised for them to rest on.
- If children fall asleep during rest time we supervise them and ensure they are comfortable and safe at all times. We will record it on the Sleep and Rest sheet.

Safe sleep/resting practices:

- Supervising staff will allow children to find their own sleeping position, but will maintain close supervision.
- We will ensure there are no choking hazards present.
- We will ensure that children are not overdressed or overheated during sleep.
- Children who are asleep will be checked by an educator at least every 15 minutes.

Concluding statement

This policy will be reviewed and evaluated regularly by both staff and the Governing Council and modified as required to ensure continued relevance for the Centre.

This policy was endorsed by the Governing Council on 11/05/2022

Director- Kellie Holbrook

Deputy Chairperson- Anne Brine

Review date: Term 2 / 2025