



# Bertram Hawker Kindergarten Sleep and Rest Policy

## WE BELIEVE

It is important

- that we learn to listen to our body's needs. For example when we are thirsty, too hot, too cold, our body's engine is going too quickly, and when we need to go to the toilet. We learn strategies to keep our thinking brain and our feeling brain connected.
- for health and wellbeing to rest and relax. Learning to relax our minds and bodies is an important life skill. When children are calm, focused and alert they are best able to learn.
- to learn strategies to self-regulate

## RATIONALE

Children may choose to rest or relax in different ways. It is important that young children can rest and relax when needed. We will provide specific opportunities for children to undertake rest and relaxation as well as providing spaces and places for children to have a break. We recognise that on some occasions children will fall asleep at kindergarten. It is important that children's health and safety is maintained during periods of rest, relaxation and sleep.

### Bertram Hawker Kindergarten educators will:

- Explicitly model and teach the children interoception techniques (the internal sensory system in which the internal physical and emotional states of the body are noticed, recognised/identified and responded to).
- Explicitly teach the children about the connection between our 'Thinking and our Feeling Brain' using the Hand Brain model.
- Ensure that relaxation/mindfulness is planned as part of our daily routine and used as needed throughout the day.
- Ensure that learning experiences support both restful and active play.
- Encourage children to listen to and get to know their body's needs and support children to meet those needs.
- Ensure that the environment a child selects for rest or relaxation is safe and that obvious hazards are removed.
- The planning and placement of educators across our service will ensure that sleeping and resting children can be adequately supervised when sleeping or resting.

### If a child falls asleep at preschool:

- 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.
- We will inform the child's family of the length and time of the sleep.