



Sleep and Rest Procedure

National Quality Area 2 Education and Care Services National Regulations R 168 (2) (a) (v)

Brentwood Drive Kindergarten is committed to providing a safe and comfortable environment for children who may at some time need to rest or sleep. Preschool educators will ensure that all children have appropriate opportunities and spaces to rest and relax in accordance with their individual and family needs throughout the day. Children will be encouraged to listen to their own bodies and find activities that suit their individual energy levels.

Spaces are provided both indoors and outside to encourage children to participate in quiet or relaxing play. Children will have opportunities to participate in learning different ways to rest and relax, like Yoga, quiet music, meditation, stories, sensory play and breathing exercises for example.

On occasions a child may be overly tired or unwell and need to rest or possibly fall asleep while at kindy. Educators will support the child to do this in a safe space, where they can be easily supervised. A family member will be notified and if possible asked to collect their child, so they can rest more comfortably in their own environment.

Educators at Brentwood Drive Kindergarten are aware of and comply with current evidence-based sleep practices. Educators will ensure that these safe practices, care and supervision will be followed.