



Dorothy Hughes Kindergarten



Sleep, Rest and Relaxation Policy

At Dorothy Hughes Kindergarten we promote and model safe sleep and rest practices and environments to families and children. We aim to meet each child's needs for sleep. Rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

Most children will benefit from periods of rest which will help them grow and prepare them for meaningful learning experiences. Relaxation periods are included in all children's daily routine consistent with their development needs, including a short period of relaxation when children are having their lunch.

Educators have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, Educators must offer the child to sleep or rest for a reasonable period. A quiet place will be designated for rest and sleep, away from interactive groups.

Learning Environment

Children at our Kindergarten

- Children have access to a quiet place for sleep and rest opportunities throughout the day that are quiet and restful.
- The designated quiet place will be away from the other children and play areas.
- The area will be set up to be a calm and inviting place for the children.
- There are comfortable spaces for children to engage in quiet activities if they're not sleeping or resting.
- There will be provisions made when required for both inside and outside sleep/quiet areas at all times.
- All children's circumstances and needs will be taken into consideration when enabling them to sleep and rest.
- The sleep and rest environments and equipment are regularly checked for hazards and comply with the **Australian Standards, Red Nose & Sleep & Rest Policy**.

Educators at our Kindergarten

- Educators will be placed within the sleeping and resting area when children are present to ensure adequate supervision.
- Educators will ensure regular checks are made to ensure children are safe.
- Provide children who do not require sleep or rest with quiet activities.
- Communicate with families if their child has had a sleep, if their child is tired at the end of the day.
- Children are to sleep and rest with their face uncovered.
- Temperature of rest environment monitored to ensure it's not too hot or cold.

Hygiene

To ensure sleeping environments are hygienic Educators will:

- Clean bed with disinfectant and wash linen and blanket covers after each use before being stored in the storeroom.