



# FriedaCorpeKindergarten

## Rest Time Policy

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All children have individual rest requirements which we need to consider and cater for, to ensure their needs are being met. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

### National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

### Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision

### PURPOSE

Our Service will ensure that all children have appropriate opportunities to rest and relax in accordance with their individual needs. Our Service has a duty of care, it is a requirement that all educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

### SCOPE

This policy applies to children, families, staff, management and visitors of the Service.

## IMPLEMENTATION

Our service defines 'rest' as a period of inactivity, solitude, calmness or tranquility, and may include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Our service will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements and work in collaboration with families to meet children's needs.

### Management will ensure:

- Reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- The area for rest is well ventilated and has natural lighting.
- Safe supervision of children whilst they rest their bodies.

### A Nominated Supervisor/ Responsible Person will:

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.

### Educators will:

- Consult with families about children's rest needs.
- Educators will be sensitive to each child's needs so that rest/relaxation times are a positive experience.
- Create a relaxing environment for children to rest by playing relaxation music, reading stories, developing tools to help us relax e.g breath work, calm yoga, mindfulness, cultural reflection, turning off lights.
- The environment is tranquil and calm for both educators and children.
- Maintain adequate supervision.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's rest/relaxation time.
- Respect family preferences regarding rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to rest nor prevented from resting.
- Monitor the room temperature to ensure maximum comfort for the children.
- Encourage children to rest their bodies and minds for 5 to 10 minutes during relaxation.



- Promote children's sense of agency by supporting children to self-regulate their emotions/needs by considering if their bodies/minds are feeling tired and could do with hydrating and having a rest.
- A quiet area with a lounge, pillows and blankets are available for rest throughout the day.
- If a child falls asleep parents will be notified at the end of the day and Educators will monitor the child in case of illness and respond appropriately.

#### Source

- Australian Children's Education & Care Quality Authority
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- ECA Code of Ethics
- Guide to the National Quality Standard
- **Standards Australia** – [www.standards.org.au](http://www.standards.org.au)
- <http://kidshealth.schn.health.nsw.gov.au/sites/>
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011
- Revised National Quality Standards

#### Review

Policy Reviewed	Modifications	Next Review Date
August 2018	Policy developed to comply with the revised National Quality Standard	August 2019
August 2019	Reviewed, changed minutes re relaxation	August 2020
August 2020	Reviewed	August 2021
August 2021	Reviewed	August 2023