
Reviewed by Governing Council Sept 2023

Sleep and Rest Procedure

From time to time, we recognise that children may feel tired and fall asleep at kindergarten.

Golden Grove Kindergarten will provide children with:

- Opportunities for rest and relaxation throughout the day
- A quiet area to access if they feel tired and they need to rest or go to sleep
- Cushions and blankets if needed

Educators will:

- Complete an annual Sleep and Rest Risk Assessment
- Ensure that the sleep and rest environment and furniture used is safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Suggest to children who are looking tired to have a lie down on the couch in the quiet room.
- Move sleeping children if they are in an unsafe area or ensure that the area that they have fallen asleep in is safe, ie, if on the couch, put cushions on the floor in case they fall off.
- Regularly monitor sleeping and resting children, checking on them every ten minutes and ensuring that we are always within sight and hearing distance so that we can assess their breathing and the colour of their skin.
- Record the time that children are asleep for on the sleeping record, located in the Illness and sleep records folder, on top of the rangehood in the kitchen.
- Fill out and photocopy a Sleep and Rest notification form.
- Inform parents at pick up time that their child has had a sleep, asking them to sign one copy of the sleep and rest notification form to be placed in child's file and giving them the other copy to take home.

This procedure is consistent with the requirements of the:

- Education and Care Services National Law and Regulations
- DfE Safe sleeping for infants and young children procedure
- ACECQA Sleep and rest legislative requirements

National Quality Area 2. Standard 2.1