



Rest and Sleep Procedure

This procedure is consistent with the requirements of the:

- ***Education and Care Services National Law and Regulations***
- ***DECD Safe sleeping for infants and children Procedure July 2017***
- ***Safe infant sleeping standards policy directive (SA Health)***
- ***Red Nose***
- ***Kidsafe SA safe sleeping recommendations***

Rationale

Rest time for Preschool aged children is important as it helps to calm the body and mind which in turn can help to enhance their ability to learn. Children who become over tired are often irritable which can affect their ability to form positive relationships and co-operative behaviours with others.

Purpose

Staff at this Preschool actively promote a scheduled rest time for children after lunch time each day and at other times when children request to take a rest.

How this will be achieved for all children

- A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm rest experience.
- Children are to sleep and rest with their face uncovered.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children.
- Educators will closely monitor sleeping and resting children and our sleep rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleep recommendations. We refer to the ***DECD safe sleeping checklist for infants and young children*** as a guide for reviewing our practices to maintain the highest level of safety and well being of every child who attends our service.

How families can support us:

- Families to provide a named cushion/pillow for rest / sleep time
- Families to provide a named blanket for rest / sleep time
- Families to regularly wash their child's pillow / cushion and blanket
- Ensure children have a regular bedtime routine to ensure they have adequate sleep

Date Approved: Under Review

Date to be reviewed: