



## Safe sleep and rest policy

Houghton Preschool, Lower North East Rd., Houghton

Preschool: 8380 5701

School: 8380 5216



**Sleep:** If a child is tired and wants or falls asleep a pillow and blanket will be provided in a safe location of the preschool with an educator in close location to monitor sleeping child.

**Rest:** All children rest after lunch to recharge their bodies for learning. Rest at Houghton Preschool can be listening to children's meditation cd's, breathing exercises to calm the body and relax.

**Relaxation:** Children will be provided with a range of experiences such as individual drawing books, children's picture books or puzzles.

These are the strategies employed at Houghton Preschool to foster children's learning and development.

On enrolment educators will discuss Houghton Preschools sleep and rest practices.

### ACKNOWLEDGED BY

Principal, Anne Rowe

SIGNED.....

DATE

SIGNED.....

DATE

Chairperson



Government of South Australia  
Department of Education and  
Children's Services

Working in partnership with Paracombe Primary School