

# Munno Para Kindergarten

## Safe Sleep, Rest and Relaxation Procedure

At Munno Para Kindy, we understand that children may at varying times need the opportunity to sleep, rest and relax. We acknowledge through our interoception and well being programs that all children benefit from regular opportunities to engage in relaxation. It supports both a healthy mind and body.

Therefore educators will:

- Discuss with families about their individual child's needs and be sensitive to their beliefs
- Ensure there are specific areas within the environment where children can access quiet moments as they need
- Look for children's cues and support and guide the child
- Include relaxation techniques into everyday practice
- Support children to regulate and identify their own needs for quiet, rest or relaxation
- Inform parent by phone if a child falls asleep and be guided by their decision