



SEACLIFF COMMUNITY KINDERGARTEN CENTRE PROCEDURE

TITLE : Sleep, rest and relaxation Procedure

REVIEW AND REVISION

Policy Date	Revision No.	Revision Date	Author
30/9/20	2	09/23	Sharon Jaensch

Context

Learning to relax our bodies and minds is important for preschool children as it is for all children and adults. It is vital for growth and development. The quality and quantity of sleep can have an impact on learning and behaviour so it is important to ensure that educators respond to the needs of the preschool children in our care to provide for rest and relaxation opportunities throughout their day. As approved providers we have duty of care to ensure that children have a high level of safety when sleeping and or resting at kindergarten. The provision of suitable spaces, routines and support to children to relax and meet their need for rest and sometimes sleep is important to their overall learning and wellbeing.

Policy

To have an environment and practices in place that recognize and respond to the differing sleep, rest and relaxation needs of the children who attend our service that comply with the Red Nose recommendations for safe sleeping of children. To this end the educators of the Centre will be alert and responsive to the cues children give for rest and sleep eg yawning, seeking adult comfort, rubbing eyes, disengagement from learning and decreased ability to self regulate and acknowledge the children's emotions feelings or fears. We will ensure that the physical environment where children rest and or sleep will be safe and conducive to rest/sleep, well ventilated and comfortable. Children who are resting or sleeping must be visible to supervising educators. In circumstances where the child may wish to sleep in a place or way that is considered unsafe according to the red nose recommendations educators will always put the child's safety as a priority and work with them to educate them about their own safety when resting or sleeping and or move them to a safe resting place. A balance of active and quiet activities will be available to children at all times. Children will be educated to understand their own needs and strategies to self regulate, relax and rest when tired. The educators will apply the following procedures to support children to have the rest and relaxation they need while at kindergarten.

Procedures

Educators responsibilities:

Upon enrolment and throughout enrolment discuss with parents/carers children's sleep, rest and relaxation routines.

Seek information regarding matters that may affect children's rest and relaxation eg illness, family circumstances to better understand the best routine for the child.

Carefully discuss and respond to children's individual needs to determine appropriate timing and strategies for rest times.

Provide places inside and outside where children are able to retreat from the busy day.

Support children to recognise their own need for rest and relaxation and to make choices that support these needs.

Develop relaxing rituals and an atmosphere for resting children that can help children to engage with quiet stories, relaxing music, cultural reflection, puzzles etc . Reducing light, temperature, noise and activity level to create a peaceful and comfortable resting environment. Providing soft places to rest may also support children to relax.

Maintain adequate supervision for sleeping and relaxing children with consideration of children's needs at any given time eg children's ability to rest and relax may be impacted upon by factors such as health or sense of wellbeing at any given time.

Talk with the children about the importance of rest and relaxation and help them to identify their own needs for sleep and relaxation.

Communicate with families about their child's sleep and rest.

Observe, reflect upon and regularly review the centres approach to rest and relaxation with consideration of the changing needs of the children.

Roles and Responsibilities

Director

Ensuring implementation of this policy.

Employment and leadership of the lunch care workers

Inform parents / guardians of the requirements of these procedures.

Staff

Follow all reasonable instructions in relation to this procedure.

Inform parents / guardians of the requirements of this procedure.

Parents

Keep educators informed about their child's rest and relaxation needs including health and family circumstances that may impact on their child's need for additional rest or relaxation.

Support their children to recognize their need for rest and relaxation and to help them gain adequate rest and sleep while not at kindergarten.

Director	Governing Council Representative
Print Name	Print Name
Signature	Signature