

Sleep, Rest, Relaxation and Clothing Policy

Aim

Settlers Farm Campus Kindergarten aims to meet each child's needs for sleep, rest and relaxation in a safe and caring manner taking into consideration the preferences and practices of each child's family.

Implementation

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Relaxation periods are included in all children's daily routine consistent with their developmental needs, including a short period of relaxation when children attend for a full day.

Educators have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, educators will offer children time to sleep or rest. Places are made quiet, lights turned down to accommodate children needing rest.

Educator Responsibilities

To promote children's safety and wellbeing during sleep and rest periods, educators will ensure:

- sleep and rest environments are quiet and restful;
- there are comfortable spaces for children to engage in quiet activities if they're not sleeping or resting;
- inside educators will provide adequate supervision of sleeping and resting children;
- ratios are maintained at all times when children are sleeping and resting;
- hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from mattresses;
- mattresses are not placed near heaters or electrical appliances;
- information about safe sleeping practices is included in the kindergarten's information booklet and displayed in the parent information area;
- accommodate each child's and family's preferences, for rest, sleep and clothing, including cultural and religious preferences, to the extent they are consistent with this policy;
- provide children with quiet, meaningful activities; which provide opportunities for rest or relaxation
- encourage children to communicate their needs for sleep and rest and make appropriate decisions about these needs;
- communicate with families if their child has had a sleep, if their child is tired at the end of the day, or if their child is unwell;
- children rest with their face uncovered;
- regular checks of all sleeping or resting children paying particular attention to breathing patterns and skin colour. Checks will be more frequent if there are increased risk factors e.g. medical conditions or sleep issues;
- temperature of rest environment monitored to ensure it's not too hot or cold;
- the sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- safe sleeping practices in this policy are implemented at all times;

Hygiene

To ensure sleeping environments are hygienic educators will:

- clean mattress with disinfectant and wash linen and blankets after each use, before being stored in storeroom.

Children's Clothing

To ensure children's comfort and safety at the service, it is recommended they wear clothing that is suitable for the weather, lets them explore and play freely, and minimises the risk of injury.

Educators will encourage parents to dress their children in clothes that:

- are loose and cool in summer and warm enough for cold weather including outdoor play in winter;
- protect them from the sun during outdoor play; shoulders covered
- do not restrict them or compromise their safety when playing, sleeping or resting e.g. clothing that could present as a choking hazard;
- footwear that is stable and supportive e.g. no thongs, clogs or backless shoes which can cause children to trip;
- clothing that allows easy access for toileting e.g. elasticised trousers and track pants rather than buttons, zips, belts etc.;
- can get dirty when children play i.e. children should not come in their best clothes.

Families must clearly label all clothing with the child's name.

Educators may remove jewellery and necklaces if children wear them to the service. Some clothing items and jewellery, for example, can strangle or choke young children.

Educator responsibilities

To ensure children's comfort educators:

- ensure children are appropriately dressed for the weather, play experiences, and rest and sleep
- provide clean spare clothing to children if needed
- encourage children to use smocks and Nature Play onesies for messy play and art experiences to protect their clothing.

Sources

Education and Care Services National Law and Regulations: Regs 81 Sleep and Rest

NQF - ACECQA QA2 2.1.1 Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Early Years Learning Framework - Children take increasing responsibility for their own health and wellbeing

Work Health and Safety Act 2012

Work Health and Safety Regulations 2012

Red Nose https://rednose.com.au/downloads/RN2256.3_Cot_Bed_DL_NOV2017_SinglePageDL-web_.pdf

NHMRC: Staying Healthy Preventing infectious diseases in early childhood education and care services <https://www.nhmrc.gov.au/guidelines-publications/ch55>

Product Safety Australia

DECD Safe sleeping for infants and children Procedure January 2022

Created: 30th May 2018

Endorsed: 27th June 2018

Reviewed: 27th May 2020, 26th July 2022

To be reviewed: July 2024