

Casino West Public School Preschool

Localised Procedure



Sleep and Rest for Children

Reviewed: 02/06/2021 Next Review: 02/06/2022

Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	National Quality Standard(s)	Preschool Guide reference	School policy or procedure, where applicable
<p><u>Regulation 168(2)(a)</u></p> <p><u>Regulation 81</u></p>	<p>The following department document can be accessed from the preschool section of the department's website;</p> <ul style="list-style-type: none"> Sleep and rest guidelines for department preschools (attached below) 	<p>2.1.1: Wellbeing and comfort Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.</p> <p>2.2.1: Supervision At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.</p> <p>3.1: Design The design of the facilities is appropriate for the operation of a service.</p>	<p>Page 28</p>	

Resources:

- Children (Education and Care Services National Law Application) Act 2010
- SIDS & Kids Safe Sleeping Kit
- Community Early Learning Australia – Safe Sleep & Rest Time
- SLEEP – Sleep Learning for Early Childhood Professionals

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ACECQA – Safe Sleep and Rest Practices

➤ **Our Aim: -**

All children have individual sleep and rest requirements. Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation. In taking reasonable steps to ensure children's needs for sleep and rest are met, children will not be required to lie down or sleep.

Casino West Public School Preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs and as advised by the child's parents/carers.

➤ **Procedures: -**

The Preschool Teacher and support staff will:

- "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children."(Regulation 81)
- Consult with families about children's sleep and rest requirements at the Family Partnerships Meeting and throughout the year. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.
- Use a range of practices to manage sleep, rest and relaxation needs. Children sleep, rest and relax in a range of different ways. Some children may prefer to quietly rest and read; some may enjoy relaxation activities like guided meditation or yoga; some may need to be more active in order to then sleep and/or relax.
- An arch rest and relaxation space is available in the indoor learning space. Signs around the preschool indicate the arch is available if a child wants to rest. In the outdoor learning space near the storeroom, there is a rest area with a daybed, cushions, books and quiet play provisions.
- If children state they are sleepy or if an educator recognises signs as described by families that the child is sleepy the child will be offered a bed to rest on. A sheet will be laid on the bed. The sheet will be washed, dried and stored at the preschool. Mattresses will be cleaned with a cloth and disinfectant after use.
- Ensure that children who do not require sleep or rest have opportunities to engage in appropriate quiet play experiences, such as drawing, listening to a story, or completing a puzzle.

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- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required whilst they are sleeping e.g. Children who are unwell will need to be monitored constantly whilst sleeping especially if they have a high temperature, vomited or received minor trauma to their head. In addition children who are taking medication or have recently received a vaccine may experience increased drowsiness (or restlessness) and this will also need to be taken into consideration.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that **if** beds/mattresses are used, they are clean and in good repair. Bed linen is for use by an individual child only and will be washed before use by another child. If beds are used, ensure they are low to the ground to prevent falls.
- Ensure children sleep and rest with their face uncovered. If a child's face becomes covered, by the bed linen whilst they are resting / sleeping, the staff/carer will immediately uncover the child's face. In addition, children should be asked to remove jumpers with hoods and cords and scarves etc. whilst resting and/or sleeping, to reduce the risk of choking or strangulation.
- Maintain adequate and direct supervision and educator to child ratios throughout the rest/sleep period.
- Closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Consult with families about children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Arrange children's beds to allow easy access for children and staff.
- Provide a quiet, tranquil environment. Children will choose to sleep if their body needs it.
- Maintain adequate supervision and educator ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families the service policy regarding sleep and rest times.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.

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➤ ***Evaluation: -***

Communications with families are maintained to encourage a consistent approach in responding appropriately and respectfully to children's sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children.