

Sleep and Rest

Policy Statement

Kids Biz recognises the importance of providing children with an opportunity to rest and relax.

Policy Considerations

- National Standards Section 2.1.1 (Wellbeing and Comfort)
- Education and Care Services National Regulations – Regulation 81 (Sleep and Rest)
- My Time, Our Place

Procedure

- Children will be encouraged to develop their autonomy and recognise their need for rest.
- A quiet area will be made available for children to rest and relax. This may include participating in quiet activities, such as reading, drawing or quiet games.
- If required a quiet, comfortable location will be made available for children to sleep.

Document Version Control

Version Date	Changes
05/12/2018	Full review
27/08/2019	Document version history added
14/07/2020	Full review

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