

## Sleep and Rest

### Policy Statement

Kids Biz recognises the importance of providing children with an opportunity to rest and relax. Children may be more vulnerable during sleep and rest, and this should be considered in supporting sleep and rest of children at the service.

### Policy Considerations

- National Standards Section 2.1.1 (Wellbeing and Comfort)
- Education and Care Services National Regulations – Regulation 84B (Sleep and Rest)
- My Time, Our Place
- Sleep and Rest Risk Assessment

### Procedure:

- In accordance with the Education and Care Services National Law and Regulations and current health guidelines, the service will ensure that the needs for sleep and rest of children in the service are met, having regard to the ages, developmental stages and individual needs of the children.
- Children will be encouraged to develop their autonomy and recognise their need for rest.
- Requests from families regarding their child's sleep and rest, and cultural preferences will be adapted into routines as appropriate for the child, and achievable within service environment.
- Families will be made aware of this policy and procedure at the time of enrolment and reminded of the policy at least annually.
- Staff are made aware of sleep and rest requirements through training,
- The service provides a range of both active and restful experiences throughout the program and support children's preferences for participation. Restful activities may include reading, drawing or quiet games and gives opportunities for children to relax away from the main group.
- Rest or sleep spaces are available or can be made available to children as needed. This could include a quieter area with cushions, beanbags, mats, a lounge or armchair etc.
- The service will support a high level of safety for children when resting or sleeping while in care.
- Children's rest environments are free from cigarette or tobacco smoke.
- The rest environment, equipment and materials should be free from hazards.
- The area and equipment will be checked regularly as part of the services hazard checks.
- Hygiene standards will be maintained when children use the rest/sleep area and equipment with areas cleaned and sanitised as appropriate.
- In line Australian Department of Health and Aged Care guidelines for children and young people, children (when well) will not be actively encouraged to sleep during the day. If they require sleep a location will be made available to them.

### Sleep Safety

- Where a staff member becomes aware that a child has fallen asleep at the Service the Service Sleep Record should be completed. This includes documentation of time falling

Reviewed on:	2/05/2024	Approved on:	15/05/2024
Reviewed by:	Natasha Finnigan	Approved by:	Scott Finnigan

asleep and waking, and regular, documented monitoring of child's breathing and colouration, room temperature and ventilation.

- Educators are mindful of children's medical conditions and potential implications during rest and sleep. Children may be roused from rest or sleep where believed appropriate with consideration to any relevant medical conditions.
- Children should be in a comfortable position and should have their face uncovered for sleep, if their face becomes covered an educator may uncover their face as appropriate.
- An educator may move or readjust anything covering a child's face, as appropriate, where there is concern of impeded monitoring of breathing.
- A child can be supported to reposition themselves to prevent their face being covered.
- Light bedding is the preferred option if requested by the child.

### Unwell Child:

- Child will be encouraged to rest in a quiet, comfortable and safe place, including lying down if preferred, when displaying signs of being unwell.
- Parents of unwell children will be contacted to make arrangements to collect the child as soon as possible.
- Children will be allowed to find their own resting or sleeping position with their face uncovered.
- Children who are unwell (and waiting collection from a parent /guardian) will be given priority supervision and monitored appropriately with consideration to high temperature, vomited, medical condition, or related injury.

### Document Version Control

Version Date	Changes
05/12/2018	Full review
27/08/2019	Document version history added
14/07/2020	Full review
02/05/2024	Full review

Reviewed on:	2/05/2024	Approved on:	15/05/2024
Reviewed by:	Natasha Finnigan	Approved by:	Scott Finnigan