

SLEEP AND REST FOR CHILDREN POLICY

OVERVIEW

The Education and Care Services National Regulations requires approved providers and nominated supervisors to ensure their services have policies and procedures in place for children's sleep and rest having regard to the ages, developmental stages and individual needs of the children. They also require the service has in place policies and procedures related to health and safety, to include meeting children's sleep, rest and relaxation needs as set out in Quality Area 2 – Children's Health and Safety

SUNBEAMS will ensure that all children have appropriate opportunities to rest and relax in accordance with their individual needs. We have a duty of care, to ensure we respect and cater for each child's specific needs and provide an environment that takes every reasonable precaution from harm and hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	NATIONAL QUALITY STANDARD	RELATED SERVICE POLICIES/ DOCUMENTATION	OTHER
<p>Regulation 84A, 84B, 84C, 103, 105, 110, 115, 168, 170, 171, 172, 176</p> <p>Law, 165, 167,</p>	<p>2.1, 2.1.1, 2.2, 2.2.1, 3.1, 3.1.2,</p>	<ul style="list-style-type: none"> - Parent Handbook - Staff Handbook - Enrolment and Orientation Policy - Communication Policy - Work Health and Safety Policy - Health and Safety Policy - Administering of Medication Policy - Child Safe Environment Policy - Tobacco, Drug and Alcohol Free Policy. - 	<ul style="list-style-type: none"> - ACECQA (Sleep and rest for children) policy guidelines 2023 - Guide to physical health and wellbeing (AEDC) - My Time Our Place. - ACECQA

OUTLINE

This policy outlines routines and procedures developed by Sunbeams management and staff to provide opportunities for and encourage children to sleep, rest and relax as required by everyone.

WHO THE POLICY AFFECTS?

Approved Provider, Nominated Supervisor and Co-ordinator
Staff / Educators
Students and Volunteers
Families
Visitors.

POLICY STATEMENT

SUNBEAMS will promote Children's wellbeing by encouraging and providing opportunities for children to sleep, rest, and relax, to include providing quiet spaces that can be accessed as required. Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at Sunbeams.

PROCEDURE

'Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns that Nominated Supervisors and Educators need to consider within the Service. As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.' (ACECQA)

Sunbeams OOSH defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep. Considering the busy and energetic nature of a child's day, we feel that it is important for children to participate in a quiet/rest period after school if required, to rest, relax and recharge their body.

Sunbeams OOSH will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

SLEEP AND REST SPECIFIC RISK ASSESSMENT

The approved provider, in conjunction with educators of the service, will conduct a comprehensive risk assessment to identify any potential risk/s or hazards and ensure the safety of all children during sleep and rest.

The risk assessment will be reviewed at least annually or after being aware of an incident or circumstance where the health, safety or wellbeing of children may be compromised during sleep or rest. All risk assessments will be regularly assessed and evaluated as to facilitate continuous improvement in our service. If a risk concerning a child's safety during sleep and rest is identified during the risk assessment, the approved provider must update the Sleep and Rest Policy and procedure as soon as possible. The risk assessment must be stored safely and securely and kept for a period of 3 years.

Sunbeams OOSH risk assessment will consider and include the following information:

- the number, age, developmental stages and individual needs of children
- the sleep and rest needs of individual children being educated and cared for (including specific health care needs, cultural preferences, sleep and rest needs of individual children and requests from families about a child's sleep and rest)
- the suitability of staffing arrangements to adequately supervise and monitor children during sleep and rest periods
- the level of knowledge and training of staff supervising children during sleep and rest periods
- the location of sleep and rest areas, including the arrangement of beds within the sleep and rest areas
- the safety and suitability of beds and bedding equipment, having regard to the ages and developmental stages of the children who will use the cots, bed and bedding equipment
- any potential hazards
- in sleep and rest areas
- on a child during sleep and rest periods (such as jewellery, clothing)
- the physical safety and suitability of sleep and rest environments (including temperature, lighting and ventilation)

THE APPROVED PROVIDER AND/OR NOMINATED SUPERVISOR WILL:

- conduct a sleep and rest specific risk assessment at least annually to ensure all protentional hazards are controlled in sleep or rest areas in line with Red Nose and ACECQA guidelines
- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child
- ensure the area for rest is well ventilated and has natural lighting
- ensure educators provide safe and adequate supervision when children rest their bodies
- provide information to educators and staff about evidence based safe sleep practices as recommended by Red Nose (although school aged children are not considered high risk, these practices should be known by all educators)
- consult with families about children's rest needs
- ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard
- maintain adequate supervision and ratios throughout any rest period
- assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required
- communicate with families about their child's rest time and observed requirements
- encourage children to dress appropriately for the room temperature when resting. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Ensure they and other educators monitor the room temperature to ensure maximum comfort for the children
- Ensure to provide an environment that is free from cigarette or tobacco smoke.
- provide information to educators and staff about evidence based safe sleep practices as recommended by Red Nose (although school aged children are not considered high risk, these practices should be known by all educators)
- ensure children who are sleeping or resting are closely monitored and that all sleeping or resting children are within hearing range and observed. This involves physically checking/inspecting sleeping children at regular intervals and ensuring that they are always within sight and hearing distance of sleeping and resting children so they can easily monitor a child's breathing and the colour of their skin.
- ensure educators, staff and volunteers follow the policy and procedures

SUNBEAMS STAFF WILL:

- opportunities are presented for rest and relaxation, as well as sleep
- consideration is made for each child's sleep/rest needs- including the age of the child, medical conditions, individual needs
- a quiet area is provided for children to sleep/rest, away from the main group of children
- the designated rest area may include a cushion, bean bag or comfortable seat in a quiet section of the care environment
- faces of sleeping children are uncovered when they are sleeping
- an educator is always within sight and hearing of sleeping and resting children so they can be monitored (breathing patterns, colour of skin.
- light bedding is provided for children as required
- ensure that children who **do not** wish to sleep are provided with alternative quiet activities and experiences, while those children who **do** wish to sleep are allowed to do so, without being disrupted. If a Sunbeams child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, there is a comfortable, safe area available for them to rest (if required). Thick camping mats are provided for sleep and disinfected after use.
- ensure that the physical environment is safe and conducive to sleep. A quiet, well-ventilated and comfortable sleeping space is provided. All children are visible to always supervising educators, including those at rest.
- will closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children every 15 minutes, 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. Staff will consider factors such as the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

FAMILIES WILL:

- be informed during orientation of our Sleep and Rest Policy and procedure
- be requested to provide educators with updates on their child's individual need for rest (or sleep) routines if applicable.



ENDORSEMENT BY THE SERVICE

The policy will be reviewed annually. The review will be conducted by management, families, children and staff.

Last reviewed: October 2024

Date of next review: April 2026

APPROVAL DATE: _____

DATE FOR REVIEW: _____