

Policy: QA2.13	Sleep, Rest and Relaxation
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Policy Statement:

The Australian Sleep Health Foundation states that it is common for children to require sleep during the day between the ages of 3 and 5. It is during this time that children may become less likely to sleep, though this can vary day to day. Children of this age who don't sleep require the opportunity to rest and relax.

Pinnacle Preschool recognises that sleep, rest and relaxation needs are different for individual children and that families may have preferences on how and what time their children are offered opportunities to rest or sleep. Pinnacle Preschool recognises their duty of care is to ensure that children have the access and opportunity to rest, relax or sleep when required in a safe, comfortable environment and that these practices may differ based on children's culture, family expectations and individual needs.

Record of policy development:

Version	Date approved	Date for review
Version 1	1 September 2019	September 2021

Responsibilities and delegations:

This policy applies to	This policy applies to Pinnacle Preschool children, educators, volunteers, visitors and families.
Specific responsibilities	This policy is developed by the Manager and reviewed by Pinnacle Preschool staff and Board of Directors. It is communicated and implemented by the Manager and staff.
Policy approval	ODEEP Manager

Policy context – this policy relates to:

Legislation	Education and Care Services National Regulations (2011) Regulation 168 (2)(a) Regulation 81
Standards	National Quality Framework Quality Area 2: Children's Health and Safety 2.1.1, 2.2.1 Early Years Learning Framework Outcome 3.2 Children take increasing responsibility for their own health and physical wellbeing
Organisation policies	Health and Safety
Forms, record keeping, other documents	Red nose – rednose.org.au/section/one-to-five-year-old



Procedures:

Pinnacle Preschool Management:

- Will ensure Educators take all reasonable steps to ensure that the needs for sleep and rest of children at preschool are met, having regard for their age and development, the individual need of the child and in consultation with the family.
- Will gain information on enrolment of a child's current needs for sleep, rest and relaxation
- Will provide designated areas for sleep, rest and relaxation that are kept clean and well ventilated. Beds, pillows and rugs will be kept in good repair. The rest area will be free of cords, toys and other items that are deemed unsafe as children sleep, rest or relax.
- Provide spare preschool sheets that can be used by children that must be washed between each child's use.

Pinnacle Preschool staff:

- Will consult with each family on enrolment about their child's rest and relaxation needs on an ongoing basis. Educators will be sensitive to the child's need for sleep, rest or relaxation and make this time a positive experience.
- Will engage in ongoing discussion with families about their preferences for their child's rest and relaxation. Conversations with families will happen confidentially in a meeting when required, to address any feedback or concerns on the family's expectation of their child's sleep / rest needs, especially those are not in line with this policy.
- Will offer a range of ways for children to sleep, rest and relax. This will include the provision of some beds, as well as pillows, mats and comfy environments for children to do quiet activities, listen to stories or engage in meditations.
- Will monitor sleeping children regularly to ensure their faces are not covered by linen or pillows. Educators will monitor children more regularly if they are unwell.

Families:

- Will be given information relating to the importance of adequate sleep, rest and relaxation and have the opportunity to discuss their child's individual needs with educators. Families can indicate new preferences for their child's sleep, rest and relaxation at any time for discussion with educators.
- Will understand that Pinnacle Preschool are required to allow children to rest, relax and sleep each day. If a family prefers their child not sleep, that child will be given the opportunity to rest and relax with quiet activities. If that child falls asleep, they will be woken after a period of time negotiated with the family if required.
- Will take their child's bedding home at the end of each day and wash regularly.

Children:

- Children may bring in a small set of sheets for a bed or a light blanket for rest or sleep. These will be stored in a pillowcase with each child's name on it and only be used by that child. Bedding will remain in a child's locker until it is needed.
- Children can choose to access a rest area when needed throughout the day.
- Children are encouraged to engage in learning and discussion related to the health benefits and their body's need for rest.
- Children are encouraged to express their feelings in regard to sleep, rest and relaxation and



these will be taken into account.

Policy Disclaimer:

This policy will be reviewed to ensure compliance with legislation and industry changes. This will occur at any time that is required, or a minimum of every two years. In accordance with Regulation 172 of the Education and Care Services National Regulations 2011, parents / guardians of enrolled children will be notified at least 14 days prior to a change in any policy or procedure referred to in Regulation 168 that may have a significant impact on the provision of education, fees or the family's access to the service.