



Sleep, Rest and Relaxation

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Aim: The Meeting House Kindergarten aims to:

- Ensure the children's safety, health and well-being are met at all times.
- Ensure that all children have appropriate opportunities to rest, sleep and relax in accordance with their individual needs.

Note: In this policy "staff" refers to staff employed by The Meeting House Inc.

Practices:

- Staff will consult with families about the children's sleep and rest patterns/needs. Staff will be sensitive to each child's needs so that rest and sleep are a positive experience. Under no circumstances should a child be forced to sleep.
- Ensure that bed linen is clean and used by an individual child. The linen is put in a bag and made up each day with the child, a great self-help skill.
- At the end of the rest/sleep, the child will help remove the bed linen and place them back into the bag to prevent cross contamination.
- Mattresses are wiped down and put away when dry.
- Bed linen is taken home to be washed at the end of the week.
- While those children who need a sleep are in the sleep room, a relaxing atmosphere is set up for the non-sleeping children in the main area with soft music, dimmed lighting and a towel/sheet to ensure they are comfortable.
- Each individual child has a towel/sheet brought in from home and lays it out to rest upon with a book, story or for yoga.
- Staff will sit near resting children and support them by encouraging them to relax and listen to music, stories or do yoga.
- Look for cues from children such as yawning, rubbing eyes, etc. to indicate the need for sleep.
- Avoid using settling and resting practices such as patting children to sleep: by providing a quiet, calm and secure environment, children will go to sleep if their bodies need it.

- Staff ratios and supervision is maintained at all times.
- Ensure that the rest/sleep area is safe, well-ventilated and comfortable. Remove all pillows, cords, and anything that may be unsafe.
- Children that have rested will get up and put away their towel/sheet into their own bag.
- Ensure that children sleep and rest with their face uncovered.
- Ensure that children are dressed appropriately and encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Ensure that the room temperature is comfortable.
- Staff will check on children and record the rest/sleep time on the sleep chart at regular intervals of 10/15 minute time slots and communicate with families about their child's sleeping or rest times.

Sources

Guide to the National Quality Standard (3) ACECQA

Guide to the NAF – [http://files/acecqa.gov.au/files/NQF/Guide-to-the NQF](http://files/acecqa.gov.au/files/NQF/Guide-to-the-NQF).

Education and Care Services National Regulations: 81, 103, 105, 110, 115

This policy links to the following NQS: 2.1.1, 2.2, 2.2.1, 3.1