2.4 Sleep and Rest

This policy will provide clear guidelines for the implementation of safe relaxation and sleep practices that meet the individual needs of children attending Jamboree Heights OSHC. All children have individual sleep and rest requirements which we need to consider and cater for, to ensure their needs are being met. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

## 🕮 Relevant Laws and other Provisions

The laws and other provisions affecting this policy include:

* ACECQA National Quality Framework Resource Kit (2012)
* Quality Area 2 – Children’s Health & Safety  
  Education and Care Services National Regulations (2011), R 81
* Education and Care Services National Law Act (2010), S 165

## 📋 Procedures

### **Definition**

Our service defines ‘rest’ as a period of solitude, calmness or tranquillity. Considering the busy and energetic nature of children’s day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Jamboree Heights OSHC is committed to:

* Providing a positive and nurturing environment for all children attending the service
* Recognising that children have different requirements for relaxation and sleep, and being responsive to those needs to ensure that children feel safe and secure at the service
* Consulting with parents/guardians about their child’s individual relaxation and sleep requirements/practices, and ensuring practices at the service are responsive to the values and cultural beliefs of each family
* Its duty of care to all children at Jamboree Heights OSHC, and ensuring that adequate supervision is maintained while children are sleeping, resting or relaxing

Management will ensure:

* 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.

Educators will:

* Consult with families about children’s rest needs.
* Educators will be sensitive to each child’s needs so that rest times are a positive experience.
* Create a relaxing environment for children
* Maintain adequate supervision and maintain educator ratios.
* Programs are planned with time given between experiences for children to be able to rest. This may mean quiet experiences are offered (in both starched and non-starched forms), with a gap of time to allow children to sit quietly, read a book or engage in chats with friends.
* Educators will ensure they are aware of the position of all children at all times, to provide appropriate supervision.
* ‘Rest zone’, will allow children to relax on couches, cushions and bean bags at any time, with books available to encourage quiet time. If a child falls asleep at this time, they will be allowed to continue that sleep, in a supported manner, with appropriate supervision at all times.
* Children will be provided with a quiet space to sleep, with supervision provided by educators at all times.
* If parents don’t want their child/ren to sleep, Jamboree Heights OSHC staff will do their best to keep child/ren awake and or wake the child/ren up.
* Although school aged children are not considered at high risk of SIDS, the SIDS guidelines for safe sleeping will be followed.

**Guidelines to follow:**

* All children’s faces should be uncovered.
* A quiet place should be designated for rest and sleep, away from interactive groups.
* Sleep and rest environments and equipment should be safe and free from hazards.
* Supervision planning and the placement of educators across a service should ensure educators are able to adequately supervise sleeping and resting children.

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| Date of Development | Date Ratified | Date of Review |
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