

COONARA EARLY LEARNING CENTRE POLICY NO: 33

SLEEP AND REST/RELAXATION POLICY

All children have individual sleep and rest requirements. Our objective is to meet each child’s need for sleep, rest and relaxation by providing a comfortable, relaxing and safe space to enable their bodies to rest. This environment will also be well supervised ensuring all children feel secure and safe at our Service.

Our service delivers a maximum of five-hourly sessions only and therefore does not provide sleeping facilities. Space will be provided both indoors and outdoors for child rest/relaxation times.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SERVICES NATIONAL LAW AND REGULATIONS	
Section 165	Offence to inadequately supervise children
Section 167	Offence relating to protection of children from harm and hazard
82	Tobacco, drug and alcohol-free environment
84A	Sleep and Rest
84B	Sleep and rest policies and procedures

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84C	Risk assessment for purposes of sleep and rest policies and procedures
84D	Prohibition of bassinets
87	Incident, injury, trauma and illness record
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
106	Laundry and hygiene facilities
107	Space requirements-indoor space
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be available
172	Notification of change to policies or procedures
176	Time to notify certain information to Regulatory Authority

RELATED POLICIES

Administration of First Aid Policy Child Safe Environment Policy Enrolment Policy Emergency and Evacuation Policy Family Communication Policy	Health and Safety Policy Interactions with Children, Family and Staff Policy Respect for Children Policy Staffing Arrangements Policy Tobacco, Drug and Alcohol-Free Policy Work Health and Safety
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PURPOSE

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. Our *Sleep and Rest/Relaxation Policy* will assist management, educators and other staff to ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs whilst attending the service.

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We have a duty of care to ensure children are provided with a high level of safety when resting/relaxing and every reasonable precaution is taken to protect them from harm and hazard. In meeting the Service's duty of care, it is a requirement that all educators implement and adhere to this policy and associated procedures to ensure we respect and cater for each child's specific needs and ensure all risks are appropriately addressed at all times.

SCOPE

This policy applies to children, families, educators, staff, management, approved provider, nominated supervisor, students, volunteers and visitors of the Service.

IMPLEMENTATION

'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).

Our Service 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 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

THE APPROVED PROVIDER//NOMINATED SUPERVISOR WILL ENSURE:

- reasonable steps for the rest/relaxation needs of children at the service are met, with regard to the age of children, developmental stages and individual needs
- parents/guardians are consulted about appropriate /rest/relaxation for their child
- the educational program provides opportunities for each child to rest/relax or engage in appropriate quiet play activities, as required
- children are protected from hazards and harm
- any hazards identified in the child's resting environment are removed as soon as is practicable
- adequate supervision of children at the service is maintained at all times during rest/relaxation

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- a safe indoor environment is provided for children that is well ventilated, has adequate natural light and can be maintained at a temperature that ensures children's safety and wellbeing (Reg.110)
- rest/relaxation environments will be safe and free from all hazards including cigarette and tobacco smoke

TEACHERS/EDUCATORS WILL:

- provide each child with appropriate opportunities for rest/relaxation according to their needs
- develop rest/relaxation practices that are responsive to:
 - the individual needs of children at the service
 - parenting beliefs, values, practices and requirements
 - the length of time each child spends at the service
 - circumstance or events occurring at a child's home
 - consistency of practice between home and the service
 - a child's general health and wellbeing
 - the physical environment, including room temperature, lighting, airflow and noise levels
- minimise distress or discomfort for the children in their care
- provide a range of opportunities for rest/relaxation throughout the sessions.
- remove any hazards identified in the child's rest/relaxation environment and inform the Nominated Supervisor or Approved Provider, as soon as is practicable
- provide adequate supervision of all children, including during rest/relaxation
- provide information to families about the service's /rest/relaxation practices

PARENTS/FAMILIES WILL:

- discuss their child's rest/relaxation requirements and practices prior to commencing at the service, and when these requirements change

CONTINUOUS IMPROVEMENT/REFLECTION

Our *Sleep and Rest/Relaxation Policy* will be reviewed on an annual basis in consultation with children, families, staff, educators and management.

SOURCES

ACECQA. (n.d.). Safe sleep and rest practices: <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

ACECQA. (2023). *Sleep and Rest for Children. Policy Guidelines.*

Australian Children's Education & Care Quality Authority. (2014).

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Australian Children's Education & Care Quality Authority. (2023). [Guide to the National Quality Framework](#).

Australian Competition and Consumer Commission (ACCC). (2013). Find out more: [Keeping baby safe](#)

Early Childhood Australia Code of Ethics. (2016).

Education and Care Services National Law Act 2010. (Amended 2023).

Education and Care Services National Regulations. (Amended 2023)

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Red Nose: <https://rednose.org.au/section/safe-practices>

Red Nose: Cot to bed safety https://rednose.org.au/downloads/RN3356_Cot_Bed_DL_Oct2018_Online.pdf

Revised National Quality Standard. (Amended 2023).

REVIEW

POLICY REVIEWED BY	Carol Czaplowski	Nominated Supervisor	
POLICY REVIEWED	JANUARY 2024	NEXT REVIEW DATE	JANUARY 2024