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Riverbanks College B-12 Preschool Sleep, Rest and Relaxation Policy

Rationale

Sleep is important to the overall health, wellbeing and development of children. Children who do not sleep well may struggle to learn and regulate their behaviour. This can also affect the wellbeing and health of families and may impact the child's experience in early education. At RBC preschool we aim to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

Implementation

Rest can be defined as quiet time; a period of inactivity or relaxed activity, calmness or tranquillity and can include a child being in a state of sleep.

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Relaxation periods are included in all children's daily routine consistent with their developmental needs, including a short period of relaxation when children attend for a full day. RBC staff have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, staff must offer the child to sleep or rest for a reasonable period. A quiet place will be designated for rest and sleep, away from interactive groups.

Effective ways for children to rest include:

- Reading a book in their room or on the couch
- Sitting at a table drawing
- Playing with playdough
- Quietly engaging in independent play.

Riverbanks College Preschool will take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

Children at RBC Preschool

- A quiet place will be offered for rest and sleep and will also allow for a calm play experience.
- Children are to sleep and rest with their face uncovered.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Educators will supervise sleeping and resting children. This involves checking/inspecting sleeping children at regular intervals and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin.
- All staff will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our preschool. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

Compliance with recommended safe sleep practices

- All Riverbanks College preschool staff are aware of recommended safe sleep practices for children, and new Riverbanks College preschool staff are provided with information during their orientation
- Educators know where to obtain further information, resources and training about safe sleep practices
- There is a process in place to review the service's sleep practices

Supervision

- Children resting and sleeping are actively supervised and monitored in accordance with the National law and Regulations
- Each child's circumstances are assessed to identify known risk factors, and Riverbanks College preschool staff are aware a higher level of supervision may be required when a child is unwell.
- If Riverbanks College preschool staff are not in the room with the sleeping child a process is in place to actively check the student at not more than 15 minute intervals and to record this observation (time and initial/signature) on the observation form in the sleep and rest folder.

Further Information

Additional information relating to the implementation of sleep and rest arrangements can be found at:

- Safe sleeping and resting for infants and young children procedure (edi.sa.edu.au)
- Sleep, rest and relaxation and the National Quality Standard (earlychildhood.qld.gov.au)

Safe sleeping and resting for infants and young children procedure (education.sa.gov.au)

Sources

Education and Care Services National Law and Regulations: Regs 81 Sleep and Rest

NQF - ACECQA QA2 2.1.1 Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Early Years Learning Framework - Children take increasing responsibility for their own health and wellbeing Work Health and Safety Act 2012

Work Health and Safety Regulations 2012

Red Nose https://rednose.com.au/downloads/RN2256.3_Cot_Bed_DL_NOV2017_SinglePageDLweb_.pdf NHMRC:

Staying Healthy Preventing infectious diseases in early childhood education and care services

<https://www.nhmrc.gov.au/guidelines-publications/ch55>

Product Safety Australia

DECD Safe sleeping for infants and children Procedure July 2017