

# REST AND SLEEP POLICY

Best Practice – Quality Area 2

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## Policy Statement

- Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in a child care environment.
- The service consults with families about their child's individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest.
- The service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.
- Delacombe PS Outside of School Hours Care has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care.
- It is understood by staff/carers, children and families that there is a shared responsibility between the service and other stakeholders that the Rest and Sleep Policy and procedures are accepted as a high priority.
- In meeting the service's duty of care, it is a requirement that management and staff implement and adhere to the service's Rest and Sleep Policy.

## Strategies and Practices

The primary safe resting and sleeping practices for children in care at this service are:

- The rest environment, equipment and materials will be safe and free from hazards
- Staff/carers monitor resting children at regular intervals and supervise the rest environment as per best practice standards.
- If a child requests a rest then there is a designated area for the child to be inactive and calm in a designated quiet space.
- The designated rest area may be a bean bag, cushion, mat or seat with a blanket in a quiet section of the care environment.

- Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.
- Safe resting practices are relevant to school age children because, if they are resting or sleeping they should be monitored at regular intervals and a school aged child's face should be uncovered when they are sleeping.

## **Protective Behaviours and Practices**

### *Supervision of resting children*

- All children who are resting will be supervised by staff/carers
- All children who have fallen asleep in the service will be monitored regularly with specific attention to breathing patterns.
- Parents will be notified if a child falls asleep and appears unwell.

## **EVALUATION**

In order to assess whether the values and purposes of the policy have been achieved, the Approved Provider will:

- review this policy every 3 years
- regularly seek feedback from everyone affected by the policy regarding its effectiveness
- monitor the implementation, compliance, complaints and incidents in relation to this policy
- keep the policy up to date with current legislation, research, policy and best practice
- notify parents/guardians at least 14 days before making any changes to this policy or its procedures.

## **AUTHORISATION**

This policy was adopted by the Approved Provider of Delacombe Primary School Outside of School Hours Care on 7<sup>th</sup> September, 2020

**Review date:** September 2023

