





**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/carer
* 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 7/9/2020

**Review date:** September 2023