



Sleep, Rest & Relaxation Policy

POLICY STATEMENT

Our Service believes that effective sleep and rest strategies are important factors in ensuring children feel safe and secure in a childcare environment. The service defines 'rest' as a period of solitude, calmness inactivity and can include a child being in a state of sleep. We will ensure we provide an environment which allows children to have the opportunity for peaceful rest.

CONSIDERATIONS

Education & Care Services National Regulations	National Quality Standard	Other Service Policies / Documentation	Other
R81	2.1	1. Employee Handbook (202) 2. Parent handbook (203) 3. Providing a Child safe environment policy (116)	1. My Time, Our Place. 2. Children (Education and Care Services) National Law

PROCEDURE

1. The service will provide a quiet and restful designated area away from the main group of children.
2. Quiet, solitary play experiences will be offered to children who request the need for a rest or time away from their peers.
3. The designated area will have cushions and foldable lounges for the children to relax.
4. All cushions and lounges will be maintained in a safe and hygienic manner.
5. Educator to child ratios are maintained at all times while children are resting and sleeping.
6. If a child is resting or sleeping their face should be uncovered.
7. Children that are asleep will be closely monitored by an Educator.

ENDORSEMENT BY THE SERVICE

Date Approved by Director: ____ / ____ / ____

Signature of Approval by Director: _____

Date Approved by Management Committee: ____ / ____ / ____

Signature of Committee Representative: _____

Role of Committee Representative: _____

Date for Review: ____ / ____ / ____