

**Rest Policy**

**Dated:** 29/03/01– Reviewed 11/06/03, Reviewed 25/01/05, Revised 17/05/05, Revised 5/03/08, Reviewed 15/12/10, Revised 26/07/16, Revised 16/4/19

**Approved by Management Committee** \_\_\_\_\_ **Dated** \_\_\_\_\_

**AIM**

To ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

To ensure that beds and cots comply with Australian Standards.

To minimise the risk of Sudden Infant Death Syndrome (SIDS) by following practices and guidelines set out by health authorities.

**BACKGROUND**

We believe that rest and relaxation are an essential part of the program that we offer. A balanced program is one that provides periods of physical and mental stimulation offset by quieter times during which children can learn to relax and sleep if necessary. We believe that by establishing an appropriate pattern of rest and relaxation for all children at our centre we will help them to become adults who are better able to deal with the stresses and strains of everyday life.

**RELATED POLICY**

Supervision Policy

Curriculum Planning & Review Policy

Clothing & Comfort Policy

**IMPLEMENTATION**

**General**

1. Information on the importance of sleep and rest will be provided to the parents.
2. All children will have the opportunity to sleep or rest quietly with the wishes of parents being respected. Information on the needs of individual children at rest time will be obtained by staff through consultation with parents. i.e. through personal discussion, and by reference to individual information sheets.
3. Preparation for rest time will be considered as an occasion for social interaction, conversation and learning, such as self help skills and language, not just as a routine that caters for the physical need for sleep.
4. A soothing relaxed atmosphere will be created so that children see rest time as an inviting and welcomed part of the day. It should be a quiet and peaceful time to allow any children who wish to sleep to do so.
5. Children will be encouraged to dress and undress themselves and help with making beds appropriate to their developmental abilities with assistance being offered where needed.
6. Children will be able to bring suitable/safe sleep comforters from home for use in the centre at rest time
7. Children will be allowed to rest when they need to with staff being attentive to the tired signs of individual children, especially for infants, who have individual sleep patterns and needs.
8. When it is necessary to awaken children from sleep they will be roused gently. Parents who insist on their child not sleeping or being woken after a limited sleep time will need to discuss their reasons for this with staff.
9. Staff will supervise sleeping and resting children at all times (Refer supervision policy).
10. Staff will monitor temperatures of the rest environment and adjust according to the weather as required.

**Nursery**

1. We recognise that babies' sleep needs are very individual and their requirements will be discussed with parents so that these needs can be met. Each baby's routine will be planned and reviewed in consultation with parents.

2. All nursery staff will be made aware of individual children's sleep routines and settling routines and these will be followed by all staff.
3. All babies' clothing and bedding will be adjusted according to season, room temperature and parents' preference.
4. Staff will stay with infants to settle them upon being put down to sleep. Babies will not be left to cry for long periods.
5. Staff will ensure that cot sides are pulled up and safely secured before leaving the sleep-room.
6. No bottles will be given to babies in their cots.
7. All babies will be checked frequently when sleeping in sleep rooms. Forms will be located next to each door for staff to record and initial the times each room was checked.
8. Babies who are under 6 months of age will sleep in cots in the play room within sight of staff.
9. In accordance with current information regarding Sudden Infant Death Syndrome (SIDS) and unless otherwise directed in writing by parents all infants will be placed on their back to rest with their feet near the foot end of the cot with blankets firmly tucked. Staff will endeavour to ensure that infants do not overheat by making checks on infants while they are sleeping.
10. External Centre entrance/exit doors near cot rooms will be locked when babies go down for their sleep.
11. Babies will be removed from their cot upon waking and taken back to the playroom.

### **Toddlers**

1. Children have a rest time after lunch for approximately 2 hours, depending on the needs of the individual children and their families. This will be adjusted throughout the year according to the needs of the children in the group.
2. Quiet activities will be provided before rest time to make the transition to rest/sleep easier.
3. Children's heavy or restrictive outer clothing will be removed to prevent overheating during sleep and ensure the children are comfortable.
4. Parents will be consulted regarding their child's regular resting pattern and settling routines. Where possible these will be respected and followed however where this is not possible a mutually agreed compromise will be trialled.
5. In collaboration with families, the children will have choice in whether they wish to rest indoors or outdoors.
6. Children will be encouraged to rest quietly on their beds. Staff will sit with unsettled children and will respect children's wishes as to whether or not they want to be patted.
7. As they wake, children will be able to get off their beds and participate in quiet activities in the playroom.

### **Pre-school**

1. All children are given a rest period to enable them to re-charge their energies for the rest of the day. The rest period is usually half an hour after lunch in Geckos and up to one and a half hours in Echidnas. Children who do not sleep are still encouraged to rest before returning to the room for quiet activities.
2. Due to supervision constraints all Echidna children will be required to move to the Echidna rest room during rest time.
3. To meet the changing needs of the children, staff will consult with parents about their child's rest period, however this policy is based on the belief, that all children require some 'down time' during the day.
4. No child will be prevented from going to sleep.
5. In preparation for rest time children's heavy or restrictive outer clothing will be removed to prevent overheating during sleep and ensure the children are comfortable.
6. Toward the end of the year, children leaving for school are encouraged to reduce the time they sleep. This is to prepare them for a school routine however they still have a relaxation time.

### **References:**

Australian Children's Education & Care Quality Authority (2011), National Quality Framework Resource Kit, *Guide to the National Law and Regulations & Guide to National Quality Standards*

Department of Education, Employment and Workplace Relations, (2009). *Belonging, Being & Becoming, The Early Years Learning Framework for Australia*, Commonwealth of Australia

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Government of South Australia, Child Youth Health (2019) *Sleep in early childhood*. Retrieved from <http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1484> on 16/4/19

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