



Lonsdale Heights Preschool Sleep and Rest Policy and Procedure

This policy and procedure is consistent with the requirements of the:

- **National Quality Standard and Regulations**
 - o **National Quality Standard 2.1 and 2.3**, as well as 3.1, 6.1, 6.2, 6.3
 - o **Regulation 81**, as well as Regulations 82, 103, 105, 110, 115, 116, 168, 169
- **Department for Education – Safe sleeping for infants and young children**
- **Department for Education – Safe sleeping checklist**

Rationale

Rest time for preschool aged children is important as it helps to calm the body and mind which in turn can help to enhance their ability to learn. Children who become over tired can become irritable which can affect their ability to self-regulate as well as form positive relationships and co-operative behaviours with others.

At Lonsdale Heights Preschool we aim to meet each child's need for sleep, rest and relaxation by implementing our mindfulness program. This is a time scheduled in our full days at preschool where children are encouraged to rest their bodies and recharge their batteries in a calming environment. Children are offered to join in on our mindfulness program or are offered a quiet activity that stimulates their literacy and numeracy learning, understanding and development in a quiet, comforting environment.

Purpose

Staff at this preschool actively promote a scheduled rest and relaxation time for children after lunch on a Tuesday and Wednesday (our long preschool sessions) and at other times when children request to take a rest.

How this will be achieved

- A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm rest experience.
- Children are to sleep and/or rest with their faces 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.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children.
- Educators will closely monitor sleeping and resting children and our sleep/rest environments. This involves checking/inspecting sleeping children at regular intervals to assess a child's breathing. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleeping recommendations. We refer to the **DfE safe sleeping checklist for infants and young children** as a guide for reviewing our practices to maintain the highest level of safety and wellbeing of every child who attends our service
- Families and caregivers are informed of the service's safe rest and sleep procedure and practices at enrolment via the preschool handbook
- Families are made aware of the need to inform the service about any changes in their child's medical or health status that may indicate a higher level of supervision is required

Sources

Education and Care Services National Law and Regulations (2019)
DfE Safe sleeping for infants and children procedure – August 2017
Safe infant sleeping standards policy directive (SA Health)
Red Nose
Kidsafe SA safe sleeping recommendations

Date Last Approved: Term 3, 2019
Term 4, 2022

Approved by: Governing Council
Date for Next Review: 2023