

Rest Time Policy

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

National Quality Standards (NQS)

Quality Area 2: Children's Health and Safety	
2.1.2	Each child's comfort is provided for and there are appropriate opportunities to each child's need for sleep, rest and relaxation.
2.3.1	Children are adequately supervised at all times
2.3.2	Every reasonable precaution is taken to protect Children from harm and any hazard likely to cause injury
Quality Area 3: Physical Environment	
3.1	The design and location of the premises is appropriate for the operation of a service
3.1.1	Outdoor and indoor spaces, building, furniture, equipment, facilities and resources are suitable for their purpose
3.1.2	Premises, furniture and equipment are safe, clean and well maintained

Education and Care Services National Regulations	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision

Early Years Learning Framework

Learning Outcome 3	
	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding participation.

PURPOSE

Our service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. Our service has a duty of care, it is a requirement that all educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

SCOPE

This policy applies to children, families, staff, management and visitors of the service.

IMPLEMENTATION

Our service defines 'rest' as a period of inactivity, solitude, calmness or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is

important for children to participate in a quiet/rest period during the day in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Our service will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

Management will ensure:

- To take reasonable steps to ensure that children's needs are being met but giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- There are adequate numbers of bedding available to children that meet Australian Standards.
- The area for rest is well ventilated and has natural lighting with at least 75% light penetrating the room.
- Safe supervision of children whilst they rest their bodies

A Nominated Supervisor/ Certified Supervisor will:

- Take reasonable steps to ensure that children's needs are being met but giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child
- Ensure that when children rest, they do so laying head to toe to minimise cross infection.

Educators will:

- Consult with families about children's rest needs.
- Educators will be sensitive to each child's needs so that rest times are a positive experience.
- Ensure that beds/mattresses are clean and in good repair.
- Ensure Beds are wiped over with warm water and neutral detergent or vinegar between each use.
- Ensure that bed linen is clean and in good repair.
- **Ensure Bed linen is used only by an individual child and will be washed before use by another child.**
- Arrange children's beds to allow easy access for children and staff.
- Create a relaxing environment for children to rest by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed.
- The environment is tranquil and calm for both educators and children.
- Educators will sit near children encouraging them to relax and listen to music
- **Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.**
- Maintain adequate supervision and maintain educator ratios throughout the rest time period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's rest time and the service policy regarding the rest time period.
- Respect family preferences regarding rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to rest nor prevented from resting.
- Encourage children to dress appropriately for the room temperature when resting. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Monitor the room temperature to ensure maximum comfort for the children.
- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be provided with quiet activities for the duration of rest time.

Source

- Australian Children’s Education & Care Quality Authority
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- ECA Code of Ethics.
- Guide to the National Quality Standard.
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
- Standards Australia – www.standards.org.au
- The Children’s Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses, <http://kidshealth.schn.health.nsw.gov.au/sites/>
- Australian Competition and Consumer Commission (ACCC) – www.accc.gov.au - Cot safety PDF
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.

Review

Policy Review Date
June 2016