



Sleep, Rest and Relaxation Policy

Policy Statement:

Queanbeyan and District Preschool Association recognises that supporting healthy sleep, rest and relaxation development in early childhood is vital for ensuring that children can flourish and meet their individual potential. As with other areas of a child's development, there is considerable individual variation in children's sleep and rest needs across the early childhood and in particular the preschool period.

The importance of supporting early sleep and rest development is reflected in both the National Quality Standard for Early Childhood Education and Care, as well as under regulation 168 of the Education and Care Services National Regulations (81 - Sleep and rest).

Purpose:

This policy is to provide clear guidelines for the implementation of safe relaxation and sleep practices that meet the individual needs of children attending *Queanbeyan & District Preschool Association*, and includes;

1. Provision of positive, nurturing and safe environments for all children attending QDPA preschools,
2. Recognising that children have different requirements for sleep & relaxation, staff will be responsive to those needs and adapt environments as required to ensure children feel safe and secure at the service.
3. Work in partnership with families through ongoing consultation and communication with parents/guardians about their child's individual sleep and relaxation requirements/practices, to ensure practices at the service are responsive to the values and cultural beliefs of each family.
4. Ensuring QDPA staff are made aware of their duty of care for ensuring that adequate supervision is maintained at all times while children are sleeping, resting or relaxing.
5. Ensuring QDPA staff comply with all legislative requirements, standards and current best practice, including recommendations by SIDS and Kids during periods of child sleep and relaxation.
6. Encouraging and enabling children to take increasing responsibility for their own wellbeing and to have opportunities to make decisions about daily practices that affect them - one of the indicators of this capacity is that children 'recognise and communicate their bodily needs (for example thirst, hunger, rest, comfort, physical activity)'; The EYLF suggests that to promote this, educators should;
 - *Consider the pace of the day within the context of the (learning program, and) community*
 - *Provide a range of active and restful experiences and environments throughout the day, and support children to make appropriate decisions regarding their participation.*

Scope:

This policy applies to the Approved Provider, Nominated Supervisor (Managing Director), Service Directors, Educators, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of Queanbeyan & District Preschool Association.

Definitions:



The terms defined in this section relate specifically to this policy.

Adequate supervision; Supervision entails all children (individuals and groups) in all areas of the service, being in sight and hearing of an educator at all times including during toileting, sleep, rest and transition routines. Services are required to comply with the legislative requirements for educator-to-child ratios at all times. Supervision contributes to protecting children from hazards that may emerge in play, including hazards created by the equipment used.

Adequate supervision refers to constant, active and diligent supervision of every child at the service.

Adequate supervision requires that educators are always in a position to observe each child, respond to individual needs, and immediately intervene if necessary.

Duty of care: A common law concept that refers to the responsibilities of organisations to provide people with an adequate level of protection against harm and all reasonable foreseeable risk of injury.

Relaxation/rest: A period of inactivity, solitude, calmness or tranquillity.

SIDS (Sudden Infant Death Syndrome): The unexpected and unexplained death of an infant or child, usually occurring during sleep. SIDS & Kids - the National SIDS Council of Australia is considered to be the national authority on safe sleeping practices for infants and children - (recommendations are outlined in the 'Safe sleep and rest practices - ACEQA attachment).

Procedures:

The Approved Provider and/or Nominated Supervisor is responsible for:

- Taking reasonable steps to ensure the sleep/rest needs of children at QDPA services are met, with regard to the age of children attending, developmental stages and individual needs (Regulation 81 (1))
- Ensuring the educational program provides opportunities for each child to sleep, rest or engage in appropriate quiet activities throughout their day, as required
- Ensuring parents/guardians are consulted about appropriate relaxation and sleep practices for their child
- Protecting children from hazards and harm (Section 167)
- Consulting with staff in relation to OH&S issues and when purchasing new equipment for the service
- Ensuring staff comply with recommendations by SIDS/ACECQA in relation to safe sleep and rest practices for children (as per ACECQA attachment)
- Ensuring adequate ratios are maintained for supervision of children at the service at all times, including during relaxation and sleep
- Ensuring that classrooms used for sleep and relaxation are well ventilated.

Teachers, educators and other staff are responsible for:

- Providing each child with appropriate opportunities for relaxation and sleep according to their individual needs
- Complying with the recommendations of SIDS in relation to safe sleeping practices for children (refer to ACECQA attachment)
- Developing relaxation and sleep practices that are responsive to;
 - The individual needs of children at the preschool service
 - Parenting beliefs, values, practices and requirements
 - The length of time each child spends at the preschool
 - Circumstances or events occurring at a child's home
 - Consistency of practice between home and the preschool



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- A child's general health and wellbeing
- The physical environment, including the temperature, lighting, airflow and noise levels
- Minimising distress or discomfort for the children in their care
- Ensuring that resting and sleeping practices are not used as a behaviour guidance strategy and mandatory sleep-rest periods are not included in QDPA preschool programs or practices
- Providing a range of opportunities for rest and relaxation throughout the day within learning programs and environments to ensure that relaxation and rest activities are responsive to individual preferences and needs
- Providing adequate supervision (refer to definitions) of all children, including during sleep, rest and relaxation
- Supervising children displaying symptoms of illness closely and maintaining communication with families to ensure their safety
- Providing information to families about the preschools relaxation and sleeping practices
- Developing communication strategies to inform parents/guardians about their child's rest, relaxation and sleep patterns, including any times/periods of sleep
- Encouraging children's independence, and assisting children with self-help skills as required to ensure that children who require a sleep are provided with opportunities to do so

Parents/guardians are responsible for;

- Discussing/informing the preschool of their child's relaxation and/or sleep requirements and practices prior to commencing at the preschool, or at any time that these requirements might change
- Providing information on the child's enrolment form if the child requires special items, support or conditions for ensuring individual sleep, rest or relaxation requirements.

Volunteers and students, while at any QDPA Preschool, are responsible for following this policy and its procedures/attachments.

Statutory Legislation & Considerations:

- Education and Care Services National Regulations (2011) - Regulation 81
- Children (Education and Care Services) National Law (NSW); Section 167
- National Quality Standards - QA2; Children's Health & Safety
 - Standard 2.1: Each child's health needs are supported

Quality Area 2: Quality Area 7:	<i>Children's Health and Safety Leadership & Service Management</i>	Date Approved:	
Scope of Policy:	<ul style="list-style-type: none"> ◦ Harris Park Preschool ◦ Karabar Preschool ◦ Waratah Preschool 	Next review:	January 2020
Drafted by:	Mandy Jackson (QDPA Managing Director)	Authorised by:	QDPA Management Committee

- Standard 2.1.2: Each child's comfort is provided for and there are appropriate opportunities to meet each child's needs for sleep, rest and relaxation.

*Attachment - Safe sleep and rest Practices - ACECQA @ www.ececqa.gov.au