



Sleep and Rest Policy

National Quality Standards		
QA2	2.1.1	Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
	2.1.2	Health practices and procedures - Effective illness and injury management and hygiene practices are promoted and implemented
	2.2.1	Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
	3.1.1	Fit for purpose - Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
	3.1.2	Upkeep - Premises, furniture and equipment are safe, clean and well maintained
	6.1.2	Parent views are respected - The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing
	6.1.3	Families are supported - Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing
	7.1.3	Roles and responsibilities - Roles and responsibilities are clearly defined, and understood, and support effective decision-making and operation of the service
National Law		
Section	165	Offence to inadequately supervise children
	167	Offence relating to protection of children from harm and hazards
National Regulations		
Regs	81	Sleep and Rest
	82	Tobacco, drug and alcohol-free environment
	103	Premises, furniture and equipment to be safe, clean and in good repair
	105	Furniture, materials and equipment
	106	Laundry and hygiene facilities
	110	Ventilation and natural light
	168(2)(a)(v)	Education and Care Services must have policies and procedures relating to sleep and rest for children

Aim

To ensure that every child's need for sleep, rest, and relaxation is met in a safe, supervised, and supportive environment, consistent with current red nose safe sleep recommendations and each family's preferences.

Related Policies

Health, Hygiene and Safe Food Policy
 Medical Conditions Policy
 Physical Environment Policy
 Staffing Arrangements Policy



Implementation

Role	Responsibilities
Nominated Supervisor	<ul style="list-style-type: none"> • There is a comfortable and calm environment available for children to engage in rest and quiet activities or experiences. • Resting children are adequately supervised and educator to child ratios are always maintained children are resting. • Ensure that the sleep and rest risk assessment is reviewed annually or whenever necessary. • Will ensure educators, staff and volunteers: <ul style="list-style-type: none"> ○ Provide a range of active and restful experiences and environments and support children to make appropriate decisions regarding participation. ○ Accommodate each child's and family's preferences for rest and clothing to the extent they are consistent with our policies and requirements. This includes preferences related to a child's social and cultural heritage. ○ Communicate with parents about their child's routines at the service and at home. ○ Are provided training and continuous improvement regarding the safe practices of rest and sleep procedures.
Educators	<ul style="list-style-type: none"> • Will consider the activities that children have participated in at school. • Monitor the temperature of the rest environment to ensure it is comfortable without becoming too hot or cold. • Work with children to develop their understanding of the benefits of rest and relaxation. Children will be encouraged to communicate their needs and to make appropriate decisions. • Negotiate the need for rest and relaxation with children. Children will be encouraged to have input into the rules and routines that facilitate the rest and relaxation requirements of all children at the service. • Group children in a way that minimises overcrowding. • Respect the privacy needs of each child during times when they are dressing, using the toilet facilities or for personal hygiene needs. • Will refer to the risk assessment for sleep and rest to ensure that all risks are mitigated and all measures of control and minimisation is adhered to.



Role	Responsibilities
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Families	<ul style="list-style-type: none"> Ensure children are dressed suitably for the weather.
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Sources

- Education and Care Services National Law and Regulations
- National Quality Standard
- My Time Our Place
- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2017

Review & Approval

Approved	Next Review	Approved By
01/04/2025	01/04/2026	Splash Management