

Rest and Sleep Policy

Quality Standard 2: Children's Health and Safety

Element 2.1.1 – Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

POLICY STATEMENT

Arabadoo advocates for providing children and young people with suitable opportunities for sleep, rest, and relaxation, prioritising their safety, health, and overall wellbeing. The service defines 'rest' as a period of tranquillity, calmness, or solitude distinct from sleep, particularly concerning the care of school-age children. Although most children accessing our service may not require sleep or rest during their time here, it remains essential for educators to accommodate the rest needs of all children, regardless of age, if necessary. Instances where this might be required include when children are unwell, fatigued from excursions, or have additional needs necessitating greater rest opportunities.

Arabadoo has completed a thorough risk assessment, aligning with regulation 84C, to guarantee that the sleep and rest requirements of the children under our care and education are appropriately addressed. This assessment takes into consideration the ages, developmental stages, and individual needs of each child. The specific risk minimisation strategies derived from this assessment are detailed in our Sleep and Rest Procedure.

RATIONALE

The Education and Care Services National Regulations ([Regulation 168](#)) mandate Approved Providers to establish a policy regarding Sleep and Rest for children. Additionally, in accordance with the United Nations Convention on the Rights of the Child, [Article 31](#) asserts that 'children have the right to relax, play, and engage in a wide range of leisure activities.' This policy and procedure delineate the practices implemented by Arabadoo to afford children and young people access to sleep, rest, and relaxation while at the Service.

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CONSIDERATIONS:

Education and Care Services National Law & Regulations	National Quality Standard	Service policies/documentation	Other
Education and Care Services National Law (NSW): 165, 167 Education and Care Services National Regulations (NSW): 82, 82A, 82B, 82C, 87, 103, 105, 107, 110, 115, 168, 170, 171, 172	2.1, 2.1.1, 2.12, 2.2, 2.2.1, 2.2.3 3.1.1, 3.2.1 7.1.1, 7.2.1	<ul style="list-style-type: none"> • Interactions with children Policy • Illness and Infectious Diseases Policy • Management of Incidents, Injuries and Trauma Policy • Providing a child safe environment 	Children (Education and Care Services National Law Application) Act 2010 UN Convention on the Rights of the Child

ENDORSEMENT BY THE SERVICE:

Approval date: Sept 2024

Date for Review: Sept 2026

Policy History

Version	Date reviewed/written	Who by	Area changed	Changes made	Authorisation
1.0	4 Sept 2018	Rowan Friend	n/a	n/a	10 Sept 2018 - Jane Ellis
2.0	01 May 2019	Rowan Friend & Lucy Nowland	Standards	Updated to the new NQS	Kate Sellick – 8 May 2019
3.0	May 2024	KW OSHC Consulting	Policy Statement	Aligned with new Regulations regarding sleep & rest	Rowan Friend – 3 Sept 2024
			Regulations & Law	Updated to include reference to new regulations regarding sleep & rest	
			Rationale	Added a rationale to clarify the intent of the policy and outline compliance	

Rest and Sleep Procedure

PROCEDURE

Safe Sleep & Rest Practices for School Age Children

At Arabanoo our approach to supporting and promoting children's health and physical activity, including safe sleep and nutrition, is informed by current recognised guidelines and up-to-date information. This includes ensuring our policy and procedure is in accordance with the Education and Care Services National Laws, Regulations and evidence-based practices detailed on the ACECQA website. Effective sleep and rest strategies play a pivotal role in fostering a sense of security and safety for each child at our Service.

- Arabanoo actively engages in consultations with families to understand and accommodate each child's individual sleep and rest needs. It's important for us to acknowledge and respect the diverse values and parenting beliefs and cultural considerations associated with rest.
- In situations where a family's beliefs and practices deviate from the evidence-based practice recommendations, Arabanoo will not endorse alternative practices unless provided with written advice from a medical practitioner. This ensures that our approach to sleep and rest remains aligned with best practices and prioritised the wellbeing of the children and young people in our care.
- Initially, all children will be positioned on their back when being settled for rest. If a child naturally turns onto their side or stomach during sleep, they will be allowed to find their own sleeping position.
- All children will rest and sleep with their face uncovered to ensure unobstructed breathing and promote a safe sleep environment.
- Children who are sleeping or resting will receive continuous and adequate supervision to ensure their safety and well-being. Educators will actively monitor the following aspects:
 - Sleeping position
 - Breathing
 - Colour of the child's lips and skin
 - Body temperature
 - Head position
 - Airway
 - The child's head and face, ensuring they remain uncovered.

This vigilant supervision enables educators to promptly address any concerns and maintain a safe sleep environment for the children.

The rest and sleep area

- If a child or young person requests a rest or sleep, a designated area will be provided for them. This area will be away from the main group of children.
- Designated rest and sleep areas include reading and cubby areas on both campuses.
- The designated rest area may consist of cushions, mats, and chairs located in a quiet area of the Arabanoo Service, ensuring a peaceful and conducive space for the child to rest and or sleep.
- Quiet and independent play experiences will be made available for children who request the need for rest or time away from their peers, catering to their individual preferences and comfort levels.

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- Blankets are the preferred option if requested by the child for sleeping.
- Educators will demonstrate awareness of children's comfort and will take measures to avoid overcrowding when children need rest or sleep, ensuring that each child has adequate space and tranquillity to rest peacefully. This includes:
 - Strategic planning and scheduling of experiences that are louder and more physical in a space apart from the sleep & rest area.
 - Monitoring of noise levels around the sleep & rest area.
 - Adjust the space to ensure the wellbeing and comfort of all children including relocating experiences or modifying the program.
- Educators will ensure sufficient ventilation and comfortable temperatures in the space by opening windows or having fans/heaters on.
- Educators will support children to ensure they are dressed appropriately for the room temperature.

Unwell Children

For additional information, refer to Arabanoo's Illness and Infectious Diseases Policy and/ or Management of Incidents, Injuries and Trauma Policy.

- Children who are unwell will be encouraged to rest in the rest & sleep area. They will be encouraged to lie down and make themselves comfortable.
- Children who are unwell, especially those with a high temperature, who have vomited, or who have experienced minor head trauma (e.g. during sports play) will be continually monitored by Educators until a parent/guardian arrives.
- Parents/guardian will be contacted immediately to make arrangements to collect the child as soon as possible.
- If a child is suspected of having an infectious disease, they will be secluded in a safe and comfortable resting area, away from other children, until their parent/guardian arrives for collection. For further details, refer to Arabanoo's Illness and Infectious Diseases policy.
- Regular training sessions will be conducted for educators to enhance their ability to recognise signs of illness, communicate effectively with families, and respond appropriately in emergencies.
- Hygiene standards will be maintained in the rest/sleep area and associated equipment, including regular washing of pillowcases and blankets to ensure a clean and sanitary environment.

The Rest/Sleep Environment and Equipment

- As part of the Service's safety checks and hazard identification practices, both the area and equipment will undergo regular inspections.
- Hygiene standards will be upheld during children's use of the rest/sleep area and equipment, including the regularly washing of pillowcases and blankets, particularly when a child is unwell.
- There may be instances where children with additional needs require sleep or rest in their wheelchairs or other specialised equipment, such as modified strollers. It is imperative that children are not left unattended while sleeping in these devices and that the restraints are securely fastened.
- Arabanoo will ensure that the room temperature, airflow, noise levels and lighting are conducive to sleep and rest as necessary.

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- Prior to children going to sleep, educators will check their clothing does not pose any hazards while asleep.

Roles and Responsibilities

Parent Management Committee (PMC)

- In consultation with the Operations Manager, conduct and document risk assessments for sleep and rest periods, considering the safety, health and wellbeing of children and young people at Arabanoo.
- Ensure compliance with Education and Care Services National Law and National Regulations.
- Provide the Service with sufficient furniture, materials, and developmentally appropriate equipment.
- Ensure indoor spaces are well-ventilated, adequately lit, and maintained at safe temperatures.
- Design premises to facilitate supervision.
- Ensure copies of the policy and procedures are easily accessible to nominated supervisors, educators, staff, and volunteers, and are available for inspection.

Operations Manager (Nominated Supervisor)

- Conduct and document risk assessments for sleep and rest periods, considering the safety, health and wellbeing of children and young people at Arabanoo.
- Provide information and induction training to educators, regarding sleep and rest policies and procedures.
- Take reasonable steps to ensure adherence to policies and procedures.
- Ensure children's sleep and rest needs are met, considering their ages, developmental stages and individual requirements.
- Provide children and young people with sufficient furniture, materials, and developmentally appropriate equipment.
- Ensure children and young people are supervised during sleep and rest periods, including implementing clear procedures for regular physical checks.

Educators

- Consult with families to gather insights into individual children's needs and preferences.
- Ensure children's sleep and rest needs are met, considering their ages, developmental stages, and individual requirements.
- Maintain supervision of sleeping and resting children, conducting regular physical checks.
- Ensure sleeping spaces are adequately lit to allow for effective supervision of children.
- Promptly report any concerns regarding sleep and rest practices, environments, or equipment to the Nominated Supervisor/ Operations Manager or provider.

Families

- Provide information regarding their child's previous night's sleep (where appropriate)
- Review the Service's policies and procedures relating to sleep and rest.

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Procedure History

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2.0	01 May 2019	Rowan Friend & Lucy Nowland	Standards	Updated to the new NQS	Kate Sellick 8 May 2019
3.0	May 2024	KW OSHC Consulting	Procedures	Align with new regulations and links to Risk Assessment	Rowan Friend – 3 Sept 2024
			Procedures	Included roles and responsibilities	