

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Sleep and rest policy & procedure

Kangaroo Island Community Education – Parndana Preschool

Purpose

Parndana Preschool ensures that all children have appropriate opportunities to rest and relax in accordance with their individual needs throughout the day. Our Service has a duty of care, it is a requirement that all educators respect and cater for each child's specific needs and provide a high level of safety when sleeping and resting and every reasonable precaution is taken to protect children from harm and hazard.

Scope

This policy applies to children, families, staff, management and visitors of the Parndana Preschool Service.

Implementation

Parndana Preschool takes reasonable steps to ensure children's needs for sleep, rest and relaxation are met, having regard to each child's age and developmental needs. Children aged 3 to 5 years of age may need sleep, rest, or relaxation time for themselves at different points of the day therefore relaxing spaces both inside and outside are available to ensure opportunities are provided for rest and relaxation throughout the day as needed. A planned rest period, guided by an educator is offered after lunch time for children to engage in.

Educators will:

- Consult with families about their child's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest, and work in collaboration with families to meet children's needs.
- Create a relaxing, quiet and safe environment with a lounge, pillows and books available for rest throughout the day.
- Calm play experiences provided, both inside and outside. Educators are aware there are a range of strategies that can be used to meet children's individual sleep and rest needs.
- The relaxing area is calm for both educators and children.
- A planned rest period, guided by an educator is offered after lunch time for the children to engage in. This may include relaxation music, reading stories, and supporting children to develop tools to help them relax such as meditation, yoga, mindfulness and reflection. *This routine is flexible and responsive to children's needs.*
- Look for and respond to children's cues for relaxation, rest or sleep (e.g. yawning, rubbing eyes, disengagement from activities, crying, decreased ability to regulate behaviour and seeking comfort from adults).
- Acknowledge children's emotions, feelings and fears.
- Promote children's sense of agency by supporting children to self-regulate their emotions/needs by considering if their bodies/minds are feeling tired and could do with hydrating and having a rest.

- If a child falls asleep parents will be notified via phone and educators will monitor the child in case of illness and respond appropriately.
- Monitor the room temperature to ensure maximum comfort for the children i.e. adjusting heating or cooling.

Safe environment and equipment:

- Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- Educators will consider the risk for each individual child when resting or sleeping to determine whether higher supervision levels may be required. Factors to be considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- Sleep and rest environments and equipment are safe and free from hazards.

A Nominated Supervisor/ Responsible Person will:

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- Have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.
- Regularly review and update sleep and rest policies and procedures to ensure they are maintained in line with best practice principles and guidelines.

Related Documents

- ACECQA Children's health and safety - safe sleep and rest practices
<https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices#principles>
- Kidsafe SA Safe Infant Sleeping
<https://kidsafesa.com.au/safe-infant-sleeping/>
- Red Nose for safe sleeping
<https://rednose.org.au/section/safe-sleeping>
- Department for Education: Safe sleeping for infants and young children procedure
- Department for Education Hazard management procedure
- Smoke free policy
- Education and Early childhood standard regulation 81 – Sleep and Rest

Endorsed by

KICE Principal:

On: 16th March 2022



Peter Philp

Reviewed Aug 2025