

## Sleep and Rest Policy

'Relaxation Time' is set aside each full day to allow children to rest or sleep according to their needs. The time is usually offered after lunch to encourage children to rest and re-charge their bodies in preparation for the afternoon. Educators will consult with families in regard to their child's sleeping/rest patterns and will develop procedures to ensure each child's needs are met.

### PROCEDURE

- Sleep/rest times will be regarded as a positive, pleasant experience within the centre and staff will make every effort to provide a relaxing and comfortable environment for all children.
- A quiet rest area and activities will be provided for children to rest their bodies during this period of time.
- Children who do require sleep will have access to a quiet and comfortable area.
- Children are supervised at all times while resting.
- Children will have their own pillow to place their head on during the resting period.
- All children will rest with their face uncovered.
- The rest environment, equipment and materials will be safe and free from hazards.
- Students or volunteers will not be left unsupervised when settling children for a rest.
- Any children who have fallen asleep will be monitored regularly with specific attention to breathing patterns.
- Adults will not rest or sleep in the same environment as a child or group of children.
- Children who are unwell will be allowed to rest while awaiting a parent/caregiver to collect them.

Endorsed by Staff and Governing Council September 2023

Policy review: This policy will be reviewed in September 2026 or as required based on department policy updates and/or advice.