



# Sleep and Rest Policy

## BACKGROUND

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure.

## POLICY STATEMENT

Holy Family Catholic School OSHC service aims to meet the needs of all children and families in the service in relation to rest and sleep and will implement procedures to meet the needs of children needing sleep or rest and communicate closely with families when children seem to need extra rest or sleep.

## HOW THE POLICY WILL BE IMPLEMENTED.

At times children in the OSHC service will feel the need to rest or even sleep. These reasons may include:

- Young children (particularly those aged 4 and 5 years old),
- Children with a change in routine or schedule,
- Children with very long days (particularly those at the service from opening in the morning to close in the evening),
- Children who are unwell or becoming unwell,
- Children who may have missed out on sleep recently.

Service staff will implement the following procedures when they deem a child needs rest or sleep:

- Provide an area where children may lay down to rest or sleep on appropriate equipment and a quieter area
- Pillows and blankets may be provided
- If a child is feeling tired, a trained first aider will monitor temperature and check if the child has any other symptoms of feeling unwell. The parent/caregiver will be notified if there is any indication of illness.
- Children will be allowed to sleep uninterrupted if they fall asleep.
- A parent will be informed that the child has had a sleep when the child is collected and provided with any additional information relating to the sleep.
- In accordance to the regulation 89 the services must take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children. If a child is regularly falling asleep at the service, staff will communicate with the family to ascertain how the family would like the staff to deal with it.
- In addition to this, the long Vacation Care Day is structured so that most activities and physical activity are scheduled in the morning and directly after lunch. After 2pm downtime is offered to those children who need rest and have been very active all day.

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Recommendation for Sleep Practices

- Children should sleep and rest with their face uncovered.
- A quiet place should be designated for rest and sleep, away from interactive groups. If designated for rest, the space should allow for a calm play experience.
- Children’s sleep and rest environments should be free from cigarette or tobacco smoke.
- Sleep and rest environments and equipment should be safe and free from hazards.
- Supervision planning and the placement of educators across a service should ensure educators are able to adequately supervise sleeping and resting children.
- 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.

**REFERENCES:**

- Quality Area 1 – Educational Program and Practice
- Quality Area 2 – Children’s Health & Safety
- Education and Care Services National Regulations (2011), R 81, R 89
- Education and Care Services National Law Act (2010), S 165, S 167, S 168

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