Wideview Out of School Hours Care

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Policy 9

Sleep and Rest Policy

Policy Statement

Wideview Outside School Hours Care Service believes that effective rest and, where necessary, sleep are important factors in ensuring a child feels safe, secure, and comfortable in the service environment. The service defines 'rest' as a period of inactivity, solitude, calmness, or tranquillity.

Whilst most children who access our service may never need to sleep or rest during their time at the service, it is important that educators can accommodate the rest needs of all children regardless of their age if it is needed. Examples of when this may be necessary are when children are feeling unwell if they are tired from an excursion or if they have additional needs and their rest requirements are greater than their peers.

Links to Education and Care Services National Regulations and National Quality Standard

QUALITY AREA		
2.1	Health	Each child's health and physical activity is supported and promoted
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 and rest
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times reasonable precautions and adequate supervision ensure children are protected form harm and hazard
3.1	Design	The design of the facilities is appropriate for the operation of the service

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
81	Sleep and rest
168	Education and care services must have policies and procedures

Procedure

1. Safe Sleep Practices for all Children

1.1 In accordance with the Education and Care Services National Law and Regulations, the service will ensure that the needs for sleep and rest of children in the service are met, whilst taking into consideration children's ages, developmental stages, and individual needs.

1.2 The service has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care.

1.3 Educators monitor resting children at regular intervals and supervise the rest environment.

2. Rest for School Age Children

2.1 If a school age child requests a rest, then there is an area for the child to be inactive and calm, away from the main group of children.

2.2 The designated rest area may be a cushion, mat, or seat in a quiet section of the care environment.

2.3 Quiet, solitary play experiences are available for those school age children who request the need for a rest or time away from their peers.

2.4 Safe resting practices are relevant to school age children because, if they are resting or sleeping, they should be monitored at regular intervals and a school aged child's face should be uncovered when they are sleeping.

2.5 Light bedding is the preferred option if requested by the child.

2.6 Educators will show awareness of children's comfort and avoid overcrowding when children need rest or sleep.

2.7 Children resting in what staff could perceive as a hazardous clothing i.e., hood with cords, scarf, hats with cords, should be encouraged to be removed when resting.

2.8 Our service will provide a range of both active and restful experiences throughout the program and support children's preferences for participation.

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3. Safe Resting Practices for a Child who is Unwell

3.1 Refer to the service's Incident, Illness, Injury and Trauma policy for additional information.

3.2 Child will be encouraged to rest in a quiet, comfortable, and safe place.

3.3 Child will be set up in an area to lay on their back to rest if unwell. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position.

3.4 All children will rest with their face uncovered.

3.5 Children who are unwell will be given the highest supervision priority and monitored at 5-minute intervals. These checks and relevant information will be recorded on the incident, illness, injury, and trauma form, especially if the child has a high temperature, vomited, or received minor trauma to their head. For example, a child who has received a blow to the head while playing sport.

3.6 Parents will be contacted immediately to plan to collect the child as soon as possible.

4. The Rest/Sleep Environment and Equipment

4.1 The service will ensure a rest or sleep space is available or can be made available to children at any time. This could include a quiet area with cushions, a book corner with beanbags, a lounge or armchair etc.

4.2 The area and equipment will be checked regularly as part of the services safety check and hazard identification practices.

4.3 Hygiene standards will be maintained when children use the rest/sleep area and equipment such as pillowcases and blankets, will be regularly washed, particularly when a child is unwell.

4.4 There may be occasions where children with additional needs may need to sleep or rest in their wheelchairs or other equipment. It is important that children are not left alone whilst sleeping in these and that restraints are sufficiently fastened.

4.5 The service will ensure the room temperature, airflow, noise, and lighting is conducive to sleep and rest when necessary.

Sources, further reading and useful websites

- Australian Children's Education & Care Quality Authority. (2014).
- My Time, Our Place: Framework for School Age Care in Australia (2011).
- Guide to the National Quality Standard
- Education and Care Services National Regulations
- Safety checks
- Risk assessments
- Red Nose recommendations https://rednose.org.au/news/red-nose-welcomes-requirement-that-child-care-centres-have-policies
- Care for kids https://www.careforkids.com.au/childcarenews/october09/story5.html

Policy review information -

The Service encourages staff and parents to be actively involved in the annual review of each of its Policies and Procedures. In addition, the Service will accommodate any new legislative changes as they occur, and any issues identified as part the Service's commitment to quality improvement. The Service consults with relevant recognised authorities as part of the annual review to ensure the policy contents are consistent with current research and maintain the highest standards of child safety and practice..

Review Date	Date completed	By Whom	Collaborated	Comment
Oct 2022	31/10/2022	Brandi (Manager)	Staff Committee Parents	
Oct 2023	31 Oct 2023	Brandi (Manager)		
Oct 2024	Oct 2024	Brandi (Manager)		
Oct 2025	24 Oct 25	Brandi (Manager)		
Oct 2026	28 Oct 26	Brandi (Manager)		