# **REST AND SLEEP POLICY**

## POLICY STATEMENT:

Effective rest and sleep strategies are crucial to fostering a sense of security and safety for children in the childcare environment. Macgregor Primary Outside School Hours Care engages with families to understand each child's individual needs and respect diverse values, beliefs, and cultural practices related to rest. If a family's beliefs conflict with best practices, alternative approaches will not be endorsed unless accompanied by written advice from a medical practitioner. Macgregor Primary Outside School Hours Care defines 'rest' as a period of calmness, tranquillity, or sleep. The well-being of children during rest or sleep is of paramount concern to MPSOSHC.

## PROCEDURE:

Shared Responsibility:

The Rest and Sleep Policy is a shared responsibility between Macgregor Primary Outside School Hours Care, staff, children, and families. All stakeholders recognise the high priority of adhering to this policy to ensure children's safety and well-being.

Strategies and Practices:

Primary Safe Resting and Sleeping Practices:

1. Ensure rest environments are smoke-free in line with the Smoke-Free Environment Policy.

2. Maintain safe and hazard-free rest environments with suitable equipment and materials.

3. Regularly monitor resting children and supervise rest environments per licensing regulations and best practice standards.

Safe Resting Practices for School-Age Children:

1. Designate a specific area for school-age children requesting rest, away from the main group.

2. Provide quiet, solitary play experiences for school-age children desiring rest or time away.

3. Monitor resting school-age children at regular intervals and ensure their faces are uncovered when sleeping.

Protective Behaviours and Practices:

Supervision of Resting Children

- Staff/carers supervise all resting children.

- Children who have fallen asleep are regularly monitored, with attention to breathing patterns.

- Parents are informed if a child falls asleep or appears unwell.

**Citations:**

* Education and Care Services National Law (ECSNL)
* Education and Care Services National Regulations (ECSNR)
* National Childcare Accreditation Council Inc. (2005). Quality Improvement and Accreditation System (QIAS) Quality Practices Guide. NSW: Author.
* Occupational Health & Safety Act.
* Link to CCQA Principles Regulation 168 2 (v)
* Quality Practices Guide (2004) – Principle 4.5
* Quality Improvement and Accreditation System (QIAS) Quality Practices Guide (2005) – Principle 6.5

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