

17. Sleep and Rest Time Policy

National Quality Standards (NQS)

Quality Area 2: Children’s Health and Safety	
2.1.1	Wellbeing and comfort

Education and Care Services National Regulations	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision

PURPOSE

Our Service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. Our Service has a duty of care, it is a requirement that all educators implement and adhere to this policy to ensure we respect and cater for each child’s specific needs and provide a safe sleeping environment for all children.

SCOPE

This policy applies to children, families, educators, management and visitors of the Service

IMPLEMENTATION

Our Service defines ‘rest’ as a period of inactivity, solitude, calmness or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of children’s day, we feel that it is important for children to participate in a quiet/rest period during the day to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

All children have individual sleep and rest requirements which we need to consider and cater for, to ensure their needs are being met. 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 in their environment. For children under 2 years, the recommendations outlined by *Red Nose Education* are adhered to.

Our Service will consult with families about their child’s individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements and work in collaboration with families to meet children’s needs.

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SOURCE

- Australian Children’s Education & Care Quality Authority
- <http://www.acecqa.gov.au/Safe-sleep-and-rest-practices>
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- ECA Code of Ethics
- Revised National Quality Standard - 2018
- Red Nose - <https://rednose.com.au/>
- Standards Australia – www.standards.org.au
- The Children’s Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses, <http://kidshealth.schn.health.nsw.gov.au/sites/>
- Australian Competition and Consumer Commission (ACCC) – www.accc.gov.au - Cot safety PDF
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011
- <https://www.productsafety.gov.au/publication/keeping-baby-safe-a-guide-to-infant-and-nursery-products>

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