

## **Safe Sleep/ Rest time Policy**

### **Policy Statement**

All children have individual rest requirements and the need for downtime in the after school care setting may be required. 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.

#### **Links to the Education and Care Centre's National Regulations 2018, National Quality Standards 2018**

regs 2018, 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  
168 Education and care service must have policies and procedures

Quality Area 2- Children's health & Safety

Quality Area 3- Physical Environment

### **Procedures:**

Often children will require an area to relax and seek downtime in whether it be after a busy day at school or to escape from the noise of the environment. The centre aims to provide an area to relax and/ or have downtime in respect to their individual daily needs and routines

- Provide a quieter area for any child that requires an area to have some down time in.
- An Educator will be close by in the room for supervision of all children at all times but an adult is not to sleep in the same room as any child.
- The Educators will create a relaxing atmosphere for children to relax in by playing relaxation music, reading stories, cultural reflection. The environment should be tranquil and calm for both educators and children.
- Hygienically clean cushions will be made available to create a quiet resting area. These will be laundered regularly.
- If more than one child requires a relaxing area then Educators will ensure the area is suitable with the appropriate size space created. All children will be supervised at all times.
- Children will be provided the opportunity to participate in a range of active and passive experiences to meet individual requirements. Children who have had a busy school day often require a period of downtime to retreat to and this will be provided through:-
  - Ensuring there is a space where children can relax in.
  - children will be encouraged to use the natural landscape to play quietly in - Books and small lego play will be made available.

### **Sources & Related Legislation**

- Guide to the National Quality Standard (3) ACECQA (2018)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2018.

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