



Dubbo West Public School Preschool

Procedure: Rest and Sleeping

Links to relevant Legislation:

Regulation 168(2)(a)

Regulation 81

Links to National Quality Standard:

Element 2.1.2

Links to EYLF:



Date to be reviewed:

November 2019

Introduction:

Rest or sleep is important throughout the day as there is a wide range of different sleep patterns and rest needs for young children.

Aims:

To provide appropriate opportunities to meet each child's needs for sleep, rest and relaxation.

Procedures:

- Children will not be required to lay down or sleep.
- Educators will consult with families about their child's sleep or rest requirements.
- Educators will respect family preferences about sleep and rest but will remind families that we are not able to force children to sleep nor will we prevent them from sleeping.
- Educators will make sure that there is quiet and comfortable place in the classroom as well as outside where children can go to rest or sleep if they need to.
- Educators can provide experiences such as yoga, quiet music or meditations if it is needed by the children to rest and relax.
- If pillow or linen is used for rest these must be washed to prevent cross contamination.
- Educators must maintain supervision of children that have fallen asleep, ensuring that they are checked at regular intervals. Educators must be within sight and hearing distance of sleeping children.
- Ensure that educators are adhering to evidence-based principles and guidelines for rest and sleep (Red Nose guidelines) which include child sleeping on back, faces uncovered and space free from hazards.