



Dubbo West Public School Preschool

Procedure: Sleep and Rest for Children

Education and Care Services National Law or Regulation:

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Links to National Quality Standard:

Standard 2.1

Associated Department Policy, Procedure or Guidelines:

Preschool sleep and rest guidelines.

Date to be reviewed:

October 2020

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 should a child express their need for rest.
- 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.

- When linen is used for rest the child's name tag will be placed on a cloth bag and kept for that child to use for the week to prevent cross contamination. They will be regularly washed.
- 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.

