

POLICY: SLEEP, REST & RELAXATION



QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

AIM

Provision is made at the Pre-school for children who ask to have a sleep or rest may be able to do so according to their particular needs. Children should be appropriately dressed for comfort if having a sleep or rest. Ongoing communication between staff and families will assist in determining the appropriate sleep or rest needs for each child. No child will be required to sleep or rest against their wishes and needs.

As Yass Montessori is a Pre-School environment with children aged between three years to five years attending, rest and relaxation exercises such as Tai Chi and Yoga stories are offered in the afternoon directly after outdoor play as an alternative to a sleep routine.

STRATEGIES

The educators will:

- Respond to a child's request to have a rest/sleep, placing out individual bedding for that child
- Educators will set out a stretcher bed on the stage area assisting the child to take shoes off and to rest with a blanket on the stretcher bed.
- Educators will not pat a child, instead encouraging the child to self-settle as this is age appropriate.
- Educators facilitate a rest and relaxation exercise with children who wish to participate. Educators lead Tai Chi exercises or a Yoga story encouraging the children to slow down their heart rate and to concentrate on slow and relaxing locomotion movements.
- Give children the opportunity to make suggestions as to what exercise or relaxation story they would like to listen to.

⇒ **Links to Education and Care Services National Regulations 2011: 81**

⇒ **Meets ACECQA Quality Area Standard 2.1.2**

Developed: 2013

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