



## Sleep, Rest & Relaxation

### Quality Area 2: Children's health & safety

#### Relevant Legislation

Children (Education and Care Services National Law Application) ACT 2010

Education and Care Services National Regulations 2011

National Quality Standard for Early Childhood Education and Care: Elements:  
2.1.2, 2.2.1, 2.2.2, 6.1.3

#### Aim / Rationale

Provision is made at the Pre-School for children who ask to have a sleep. 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.

#### Policy Goals

Yass Montessori Pre-School will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The Approved Provider, Nominated Supervisor and educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.

### Strategies: What will we do?

#### The Nominated Supervisor will

- ✧ Ensure that children's safety, health, and well-being are upheld at all times.

- ✧ Communicate with families about their child’s sleeping or rest times and the service policy regarding sleep and rest times.
- ✧ Consult with families about children’s rest needs. Educators will be sensitive to each child’s needs so that rest times are a positive experience. Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.
- ✧ Ensure that mats are clean and in good repair. Mats will be wiped over with warm water and neutral detergent or vinegar between each use if uncovered.
- ✧ Arrange yoga mats to allow easy access for children and staff.
- ✧ Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed.
- ✧ Create a tranquil and calm environment for both educators and children.
- ✧ Be actively involved in teaching the “art of relaxation”
- ✧ Ensure optimum educator ratios throughout the relaxation period.
- ✧ Provide a quiet learning environment to encourage children to rest their bodies and minds for 20-30 minutes by playing relaxing music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed with consideration to the room temperature to ensure maximum comfort for all.
- ✧ Ensure children are not “patted” to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- ✧ Assess each child’s circumstances and current health to determine whether higher supervision levels and checks may be required.
- ✧ Ensure children will rest with their face uncovered.

## Evaluation

Educators and the Approved Provider are abiding by legislative and statutory guidelines. The Pre-School has adopted sustainable practices and reduced the use of dangerous products within the environment.

## Procedures and Forms

WHS Checklists  
Incident Injury Trauma & Illness

Medication Authority

## Links to other Policies

Enrolment  
Child Safe Environment  
Incident Injury Trauma & Illness  
First Aid  
Supervision

Work Health & Safety  
Tobacco, Drug & Alcohol Free Environment  
Cleaning & Maintaining the Environment  
Medication, Administration of

## Sources and References

The NSW Work Health and Safety Act 2011 [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)

Storage and Handling of Dangerous Goods: Guidance [www.safework.nsw.gov.au](http://www.safework.nsw.gov.au)

Health and Safety in Children's Centres [www.community.nsw.gov.au](http://www.community.nsw.gov.au)

Policy Reviewed	Modifications	Next Review Date
2013	Developed	2015
February 2018	Reviewed	2020 or when procedure, practice or legislation changes