



Sleep and Rest

POLICY STATEMENT

Lake Mac Newy OOSH recognises that adequate rest and sleep are essential for children's well-being, ensuring they feel safe, secure, and comfortable within the service environment. The service defines 'rest' as a period of inactivity, solitude, calmness, or tranquillity. While most school-age children accessing our service may not require sleep, it is essential to accommodate rest needs as required, including for children who are unwell, tired from excursions, or have additional needs.

This policy aligns with National Quality Standards (NQS) 2.1 and 2.2 (Elements 2.1.1 and 2.2.1) and incorporates best practice guidelines from ACECQA and Red Nose Australia.

PROCEDURES

Safe Sleep and Rest Practices

In accordance with the Education and Care Services National Law and Regulations, Lake Mac Newy OOSH ensures that children's sleep and rest needs are met by considering their age, developmental stage, medical conditions, and individual preferences.

- The service's Sleep and Rest Policy is guided by evidence-based practices outlined by ACECQA.
- Annual sleep and rest risk assessments will be conducted to control potential hazards in sleep/rest areas, following Red Nose and ACECQA guidelines.
- Families will be consulted about their child's individual needs and beliefs regarding sleep and rest, ensuring cultural sensitivity.
- If family preferences conflict with evidence-based practice, the service will only endorse an alternative with written medical advice.
- Educators are required to implement and adhere to the Sleep and Rest Policy to maintain high safety standards.
- All children will be placed on their backs to rest initially and then allowed to find their own sleeping positions.
- Children will rest with their face uncovered at all times.
- The sleep/rest environment will be free from hazards, cigarette or tobacco smoke.
- Ensure that children who are sleeping or resting are closely monitored and that all sleeping or resting children are within hearing range and are observed. This involves physically checking/inspecting sleeping children at regular 10-minute intervals and ensuring that they are always within sight and hearing distance of sleeping and resting children so they can easily monitor a child's breathing and the colour of their skin. It is recommended that educators will not perform administrative duties that would take their attention away from sleeping/resting children.
- Sleep and rest periods will be documented and communicated through the OWNA checklist with families or regulatory bodies as needed.
- the safety and suitability of beds and bedding equipment, regarding the ages and developmental stages of the children who will use any bed and bedding equipment. The service does not use cots due to the age of the children in our care.



Rest for School-Age Children

- A designated quiet area will be available for children who request rest, away from the main group.
- Quiet, solitary activities such as reading or drawing will be provided for children seeking relaxation.
- Safe rest practices for school-age children include regular monitoring, uncovered faces, and adequate supervision.
- Children resting in hazardous clothing (e.g., scarves, hoodies with cords) will be encouraged to remove such items.
- The program will incorporate a balance of active and restful experiences, supporting children's individual preferences.

Safe Resting Practices for Unwell Children

- Refer to the Incident, Illness, Injury, and Trauma Policy for additional guidance.
- Unwell children will be encouraged to rest in a quiet, comfortable space and assume a safe sleeping position.
- Children who are unwell (and waiting for collection from a parent /guardian) will be given the highest supervision priority and monitored constantly (5-minute intervals), especially if the child has a high temperature, vomits or receives minor trauma to their head. For example, a child who has received a ball to the head while playing sport. This involves physically checking sleeping children and ensuring that they are always within sight and hearing of educators so they can be monitored for breathing and the colour of their skin.
- Parents/guardians will be contacted immediately to collect unwell children.
- Unwell children sleeping or resting will be documented and communicated through the OWNA checklist with families or regulatory bodies as needed.

Rest/Sleep Environment and Equipment

- A designated rest space (e.g., cushions, beanbags, lounge chairs) will be available.
- Rest areas and equipment will be checked regularly for safety and hygiene.
- Bedding materials (e.g., blankets, pillowcases) will be washed frequently, especially after illness.
- The service will ensure comfortable room temperature, airflow, lighting, and noise control in rest areas.
- Children with additional needs may rest in wheelchairs or modified strollers with supervision and proper restraint checks.

SLEEP AND REST-SPECIFIC RISK ASSESSMENT

Lake Mac Newy OOSH will conduct annual risk assessments or upon identifying new risks. The assessment will consider:

- Number, age, and individual needs of children.
- Cultural preferences and medical conditions affecting sleep/rest needs.
- Staffing arrangements to ensure adequate supervision.
- Training and knowledge of educators on safe sleep practices.
- Physical environment, including safe sleep areas, bed/bedding arrangements, temperature, lighting, and ventilation.
- Potential hazards, including children's clothing, jewellery, and the suitability of rest areas.

Risk assessments will be documented, stored securely, and retained for three years.



ROLES AND RESPONSIBILITIES

Approved Provider/Nominated Supervisor will:

- Ensure compliance with the Education and Care Services National Law and Regulations.
- Conduct and review annual sleep/rest risk assessments.
- Ensure staff are trained in safe sleep/rest practices.
- Provide families with Rest Policy information upon enrolment.

Educators will:

- Follow the service’s safe sleep and rest guidelines.
- Consult with families on children’s rest needs and include children’s agency in decision-making.
- Maintain adequate supervision and child ratios.
- Encourage children to dress appropriately for room temperature, removing shoes, jackets, and bulky clothing.
- Monitor room conditions to ensure comfort.
- Maintain a smoke-free environment.

Families will:

- Be informed of the Rest Policy during enrolment.
- Provide updates on their child’s sleep/rest preferences.

CONSIDERATIONS:

Education and Care Services National Law & Regulations	National Quality Standards & Elements	Links to other service policies	Other documentation/ evidence
<ul style="list-style-type: none"> • (S165, S167, R81, R84A-C, R103, R110, R115, R170-176) 	Standards 2.1 and 2.2, 3.1,3.2 Elements 2.1.1 and 2.2.1, 3.1.1, 3.1.2 3.2.1 Child Safe Standards 1, 3, 4, 5, 7, 8, 10	<ul style="list-style-type: none"> • Administration of First Aid policy • Enrolment policy • Incident, Illness, Injury and Trauma, • Death of a Child at the service policy • Providing a Child Safe Environment, • Communication with families policy • Risk Assessment • Staffing arrangements policies. • Health and Safety policy 	<ul style="list-style-type: none"> • My Time, Our Place. • Safety checks • Risk assessments • Evidence-base practice – www.acecqa.gov.au/sheets/safe-sleep-and-rest-practices



		<ul style="list-style-type: none">• Interactions with Children, Family and Staff policy• Interactions with children policy	
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ENDORSEMENT BY THE SERVICE:

Approval date: February 2025

Date for Review: February 2026