



Noarlunga Downs Preschool

Sleep and Rest

Policy and Procedure

A 'non stimulation period' is set aside each day to allow children to rest or sleep according to their needs. The time is usually offered in the middle of the day and after lunch to encourage children to rest and recharge their bodies in preparation for the afternoon. Educators will consult with families in regard to their child's sleeping/rest patterns and will develop procedures to ensure each child's individual needs are met.

PROCEDURE

- Sleep /rest times will be regarded as a positive, pleasant experience within the centre and staff will make every effort to provide a relaxing and comfortable environment for all children.
- A quiet rest area and activities will be provided for children who require less sleep than others, or do not sleep at all.
- Children who do require sleep will have access to a quiet and comfortable area.
- Children are supervised at all times whilst resting.
- Children will be placed on their back to rest. If they turn over during their sleep they will be allowed to find their own sleeping position.
- All children will rest with their face uncovered.
- The rest environment, equipment and materials will be safe and free from hazards.
- Students or volunteers will not be left unsupervised when settling children for a rest.
- All children who have fallen asleep will be monitored regularly with specific attention to breathing patterns.
- Adults will not rest or sleep in the same environment as a child or group of children.
- Children who are unwell will be allowed to rest while awaiting a parent/caregiver to collect them.

Updated: August 2022

Approved by: Approved by Governing Council

Date of approval: August 8 2022

Sourced: SA Health Website, Child and Youth Health. Staff, families, and the community, Children and Young People (Safety) Act 2017

Next review date: August 2025



Government of South Australia

Department for Education