



# Periwinkle

## PRESCHOOL

for Rudolf Steiner  
early childhood education

## Safe Sleep and Rest Time

### Introduction

All children have individual sleep and rest requirements. Periwinkle Preschool ensures that all children have a comfortable relaxing environment to enable their bodies to rest. The environment is safe and well supervised to ensure that children are safe, healthy and secure in their environment.

### Strategies

Periwinkle will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. Approved providers, nominated supervisors 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.

### Safe Bedding

- Light bedding is used at Periwinkle. Each child has their own individual organic sheet set that is separately contained in a draw string bag.

### The approved provider will:

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children (Regulation 81.)
- Ensure there is bedding available to children that meets Australian Standards.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that there is supervision of resting and sleeping children during rest/sleep time.

### The Nominated Supervisor will:

- Ensure that children's safety, health and well-being are upheld at all times.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

### Educators will:

- Consult with families about children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.

- Ensure that bed linen is clean and in good repair. Bed linen is for use by an individual child.
- Arrange children's beds to ensure each child has a familiar place.
- Create a relaxing atmosphere for resting children by drawing curtains, turning off lights, singing, playing lyre and ensuring children are comfortably clothed. Provide extra blanket if necessary or requested. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax, and educators will provide role-modelling of relaxation by sitting/lying near children in accordance with developmental phase of preschool- age children whereby learning occurs via imitation.
- Provide a quiet, tranquil environment, so that children will choose to sleep if their body needs it.
- Encourage children to rest their bodies and minds for 20-30 minutes.
- Maintain adequate supervision and maintain educator ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.
- 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 that children will neither be forced to sleep nor prevented from sleeping.
- Ensure children will sleep and rest with their face uncovered.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove slippers, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for children.

### **Monitoring, Evaluation and Review**

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every 2 years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

### **Related Legislation:**

- Education and Care Services National Regulations: 81, 103, 105, 110,115, 168
- Australia Consumer Law 2011 – Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011.

**Related guidelines, standards, frameworks**

- National Quality Standard Quality Area 2 Children's Health and Safety; Standards 2.1.1, 2.2, 2.2.1, 3.1.

**Sources/Useful resources**

- Guide to the National Quality Framework 2018
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations