



Procedure related to sleep and rest for children

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated Department policy, procedure or guideline
2.1	81	Preschool sleep and rest guidelines

Information to include in this procedure and questions to address: • Describe when and how families are consulted regarding their child's sleep and rest needs.

We ask families what their child's sleep requirements are. We provide a quiet/rest time during the day where children are encouraged to participate in relaxing activities such as reading books, puzzles and drawing. If a child displays or verbalises that they are tired and want to sleep a mattress and a pillow is provided in a low traffic area.

Confirm there are cosy, quiet areas in the preschool a child can go to at any time of the day to rest (at least one inside and one outside).

Children can rest throughout the day indoors on a mattress in our book area which provides a cosy, quiet area for children to relax. While outdoors children can rest in a shaded area which has a mat and cushions provided.

Is there a designated rest period noted on the daily routines/timetable?

It is the children's choice throughout the day if they would like to lay down and have a sleep. Restful activities are available through the whole day such as in the literacy area and in our book corner. We will allow the children to sleep for as long as they need to, unless a parent has told us to wake their child after a particular amount of time.

Is there provision for a particularly tired or unwell child to sleep longer than the designated rest period?

If a child seems unwell their parent is called and encouraged to pick their child up as soon as they can.



If a child sleeps during the day, is their family informed how long they slept for?

If a child sleeps throughout the day their family is informed verbally of how long they slept for.

For children who do not want to lay down, what alternative restful activities are provided?

During quiet time restful activities are made available in more than one area and children who would like to sleep are in another area. This allows educators to supervise a group of children each.

If the preschool maintain mattresses, stretchers, cushions or linen, describe their storage and how they are maintained hygienically.

Mattresses are stored in the laundry and are wiped down if they have not be used in a long time. After use they are wiped down with warm soapy water.

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