

## 4.20 Sleep and Rest policy

### Policy Statement

Tewantin State School OSHC promotes the welfare and comfort for children being educated and cared for at its service by providing opportunities for sleep and rest and with flexible arrangements around this provision. The age, developmental stage and the individual needs of each child will be highly regarded.

### Key Tasks and Responsibilities

Sleep and Rest Facilities	The Approved Provider is to ensure sufficient facilities and physical space is available for children's access to sleep and rest. The Nominated Supervisor will ensure the facilities are appropriately maintained and used, including reporting additional requirements or improvements.
Supporting Rest	The Nominated Supervisor and Educational Leader are responsible for the coordination and plans and practices to ensure children have access to suitable rest and sleep settings. Educators are to use their insight into the needs of children and provide access to relevant facilities.

### Procedures

- Opportunities for sleep, rest and relaxation will be provided following consultation with children and families and with consideration given to the child and family's sociocultural background, routines in place at home and personal preferences.
- As part of the educational program, restful activities and downtime experiences will be offered throughout the session with children being supported by the coordinator and educators to make appropriate decisions regarding participation.
- Physical spaces are thoughtfully configured and made available that provide children with downtime, restful and quiet experiences to access away from main activity areas. The area will be kept free of active games or loud activities to be as reasonably quiet as possible.
- Groupings of children are configured to minimise the risk of overcrowding and promote calming experiences and positive interactions.
- Educators will be observant of children's needs supporting them to communicate their need for comfort, sleep, and rest.
- Flexibility will be demonstrated in the program with opportunities for children to engage in sleep, quiet and/or downtime experiences as needed.
- All cushions, sheets, blankets etc... will be laundered as required.

**References**

National Quality Framework

- Education and Care Services National Regulations:
  - o R.168 Education and care service must have policies and procedures
  - o R.170 Policies and procedures to be followed
  - o R.171 Policies and procedures to be kept available
- National Quality Standard:
  - o QA1 – Educational program and practice
  - o QA2 – Children’s health and safety
  - o QA3 – Physical environment
  - o QA5 – Relationships with children
  - o QA6 – Collaborative partnerships with families and communities

Additional Regulatory Context and Guidance

- Queensland Health - Healthy sleep-in children factsheet
- Article 31 of the UN Convention on the Rights of the Child

Date of Development	Reason for Modification	Date Ratified	Date of Review
6.11.2023	Updated Policy	6.11.2023	