



Dara School

Out of School Hours Care

Sleep and Rest Policy

SLEEP AND REST OSHC POLICY

1. BACKGROUND

The purpose of this policy is to ensure that reasonable steps are taken to meet the opportunity for sleep, rest, and relaxation of children being educated and cared for by the Dara OSHC (Out of School Hours Care) Service, having regard to the ages, development stages, and individual needs of the children. The Service recognises that at any time during care, children may require the need to sleep or rest for a variety of reasons.

2. SCOPE

This policy applies to children, families, Educators, management, and visitors of the Service.

3. POLICY STATEMENT

Dara OSHC recognises that sleep and rest strategies are key factors in ensuring a child feels secure and safe at our Service. We are committed to taking reasonable steps to ensure that the opportunity for sleep, rest and relaxation of children being cared for by the Service are met, having regard to the ages, developmental stages and individual needs of the children.

4. IMPLEMENTATION

4.1 General Information

Children's needs may vary due to physical exertion, previous activities or lack of sleep. Dara OSHC will provide safe rest areas for children to use when they show signs of tiredness or request a rest. This will be an area away from the main group of children, or in a quiet space, where possible. Children will be encouraged and empowered to set up their own rest areas with blankets, cushions and other comfortable furnishings provided. Where children utilize blankets or pillows, they will be monitored to ensure their face is not covered during rest or sleep. If a child does fall asleep, they will be allowed to continue to rest however will be closely monitored.

The program will be developed to ensure there are opportunities for rest and relaxation, especially during Vacation Care. It is important to embed rest times into daily routines, transitions and particularly after highly active experiences. Dara OSHC will ensure hygiene standards are maintained.

In accordance with current best practice, during the flexible routine rest period, children will not be forced to sleep, prevented from sleeping or forced to lie down. Children who do not require a sleep will be encouraged to relax by engaging in quiet experiences during the flexible routine rest period (for example, drawing, reading, puzzles or movies). Children will also be encouraged to engage in opportunities for relaxation throughout the day.

4.2 Safe sleep and Rest

Children of all ages:

- Children should sleep and rest with their faces uncovered.
- A quiet place should be designated for rest and sleep, away from interactive groups. If designated for rest, the space should allow for a calm play experience.
- Supervision planning and the placement of Educators across a service should ensure Educators are able to supervise sleeping and resting children.

5. RESPONSIBILITIES

5.1 The Dara OSHC Director will be responsible for ensuring the Service:

- Fulfills the Service's duty of care to children, including adequate supervision of sleeping and resting children and providing a safe and comfortable environment free from hazards.
- Remains cognisant of current views about sleep and rest practices in relation to children's health safety and welfare.
- Encourages children to sleep, rest or relax during a flexible routine rest period each day in accordance with their individual needs.
- Will offer children opportunities for relaxation throughout the day.
- Ensures that Educators receive appropriate information and training to fulfil their roles effectively with regards to sleep and rest practices.

5.2 Employees will be responsible for:

- Encouraging children to sleep, rest or relax during a flexible routine rest period each day, and throughout the course of each day, in accordance with their individual needs.
- Looking for and responding to children's cues for sleep and rest.
- Ensuring the sleep and rest environment is free from hazards and conducive to rest.
- Closely monitoring sleeping and resting children and the environment, considering the levels of risk for individual children.

5.3 Families will be responsible for:

- Informing the Service at enrolment and regularly thereafter about their child's individual sleep, rest and relaxation requirements and practices.

6. RELATIONSHIP TO REGULATIONS

National Quality Standards (NQS)

Quality Area 2: Children’s Health and Safety

Quality Area 3: Physical Environment

Education and Care Services National Regulations

Regulation 168 Education and care service must have policies and procedures

Regulation 81 Sleep and Rest

7. REFERENCES

- Australia Children’s Education and Care Quality Authority accessed on 2 February 2022 from www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices
- Red Nose website, resources accessed on 2 February 2022 from www.rednose.org.au/resources/health-professionals

Governing Council Approval: June 2022	Review Date: June 2027
Director Signature	Chairperson Signature