

# D-15 SLEEP AND REST



## POLICY STATEMENT

TWOOSH believes that effective rest and, where necessary, sleep strategies are important factors in ensuring a child feels safe, secure and comfortable in the service environment. Given that care is provided to school-aged children, the service defines 'rest' as a period of inactivity, solitude, calmness or tranquility and is considered different to a child being in a state of sleep. Whilst most children who access our service may never need to sleep or rest during their time at the service, it is important that educators can accommodate the rest needs of all children regardless of their age if it is needed. For example, this may be necessary when children are feeling unwell or clearly showing signs of tiredness, if they are tired from an excursion, or if they have additional needs and their rest requirements are greater than their peers.

(National Quality Standards 2.1 and 2.2, Elements 2.1.1 and 2.2.1)

## REFERENCES AND CONSIDERATIONS

- National Education and Care Services Law Section 165, 167
- National Education and Care Services Regulation 81
- Red Nose Australia
- ACECQA Website: <https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices>
- National Quality Framework 2012 Areas 2.1, 2.2, elements 2.1.1, 2.2.1

## Related TWOOSH documents

- TWOOSH Providing a child-safe environment Policy
- D-9 'Providing a child safe environment' policy
- D-13 'Management of incident, injury, illness and trauma' policy

## PROCEDURES

### (a) Safe sleep practices for all children

- In accordance with the Education and Care Services National Law and Regulations, TWOOSH will ensure that the needs for sleep and rest of children in the service are met, taking into consideration the ages, developmental stages and individual needs of the children.
- The service's Sleep and Rest Policy is based on recommendations from the evidence-based practice detailed on the ACECQA website.

- TWOOSH welcomes families to discuss their child's individual needs so the service is aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest, specific to their child.
- If a family's beliefs and practices conflict with the evidence-based practice recommendations, then TWOOSH will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner.
- TWOOSH has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care.
- In meeting the service's duty of care, it is a requirement that management and educators implement and adhere to the service's Sleep and Rest Policy.
- All children will be encouraged to rest on their back when first being settled for a rest. If a child turns onto their side or stomach during sleep/rest, then he/she will be allowed to find their own sleeping position.
- All children will rest with their face uncovered.
- Children's rest environments are free from cigarette or tobacco smoke.
- The rest environment, equipment and materials will be safe and free from hazards.
- Educators monitor resting children at regular intervals and supervise the rest environment.

**(b) Rest for school-aged children**

- Quiet, solitary play experiences are available for school-aged children who request the need for a rest or time away from their peers.
- If a school-aged child requests a rest then there is a designated area for the child to be inactive and calm, away from the main group of children (see (d) below).
- Safe resting practices described above in section (a) also apply to school-aged children.
- Light bedding is the preferred option if requested by the child (e.g a sheet or light blanket which can be provided by TWOOSH).
- Our service will provide a range of both active and restful experiences throughout the program and support children's preferences for participation.
- Educators will show awareness of children's comfort and avoid overcrowding when children need rest or sleep.

**(c) Safe resting practices for a child who is unwell**

- Children who are unwell (and waiting collection from a parent/guardian) will be given the highest supervision priority and monitored constantly especially if the child has a high temperature, vomited or received minor trauma to their head.
- Parents will be contacted immediately to make arrangements to collect the child as soon as possible.
- Refer to the service's Incident, Illness, Injury and Trauma policy for additional information.
- If unwell, the child will be:
  - encouraged to rest or lie down comfortably in a quiet, comfortable and safe place
  - allowed to find their own sleeping position.
- All children will rest with their face uncovered.

#### **(d) The rest/sleep environment and equipment**

- TWOOSH will ensure a rest or sleep space is available or can be made available to children at all times. This could include a quiet area with cushions, a book corner with beanbags, a lounge or armchair etc.
- The area and equipment will be checked regularly as part of the services safety check and hazard identification practices.
- Hygiene standards will be maintained when children use the rest/sleep area and equipment such as regularly washing pillow cases and blankets, particularly when a child is unwell.
- There may be occasions where children with additional needs will need to sleep or rest in their wheelchairs or other equipment such as a modified stroller. It is important that children are not left alone whilst sleeping in these and that the restraints are sufficiently fastened.
- The service will ensure the room temperature, airflow, noise and lighting is conducive to sleep and rest when necessary.
- Children's clothing items should be checked prior to them sleeping to ensure it doesn't present any hazards to them whilst asleep.

### **Revisions**

**Date of next review: June 2022**

<b>Date</b>	<b>Reviewer</b>	<b>Approved by</b>
<b>18.086.18</b>		TWOOSH Management Committee
<b>18.02.19</b>		TWOOSH Management Committee
<b>24.02.20</b>		TWOOSH Management Committee
<b>01.05.21</b>	LL	TWOOSH Management Committee