

Ballina River Street children's Centre

Rest Time Policy

All children have individual sleep and rest requirements which we need to consider and cater for, to ensure their needs are being met. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision

PURPOSE

Our Service(BRSCC) will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. Our Service(BRSCC) has a duty of care, it is a requirement that all teachers/educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

SCOPE

This policy applies to children, families, teachers/educators, staff, management and visitors of the Service(BRSCC).

IMPLEMENTATION

Our service(BRSCC) defines 'rest' as a period of inactivity, solitude, calmness or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Our service(BRSCC) will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements and work in collaboration with families to meet children's needs.

Management will ensure:

- Reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- There are adequate number of bedding available to children that meet Australian Standards.
- The area for rest is well ventilated and has natural lighting.
- Safe supervision of children whilst they rest their bodies.

A Nominated Supervisor/ Responsible Person will:

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- Ensure that when children rest, they do so laying head to toe to minimise cross infection.

Teachers/Educators will:

- Consult with families about children's rest needs.
- Teachers/Educators will be sensitive to each child's needs so that rest times are a positive experience.
- Ensure that sleep mats are clean and in good repair.
- Ensure sleep mats are wiped over with warm water and neutral detergent or vinegar between each use.
- Ensure that bed linen is clean and in good repair.
- Ensure Bed linen is used by an individual child and will be washed before use by another child.
- Arrange children's sleep mats to allow easy access for children and teachers/educators.
- Create a relaxing environment for children to rest by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed.
- The environment is tranquil and calm for both teachers/educators and children.
- Teachers/Educators will sit near children encouraging them to relax and listen to music.
Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Maintain adequate supervision and maintain educator ratios throughout the rest time 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 rest time and the service(BRSCC) policy regarding the rest time period.
- Respect family preferences regarding rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to rest nor prevented from resting.

- Encourage children to dress appropriately for the room temperature when resting. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Monitor the room temperature to ensure maximum comfort for the children.
- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be provided with quiet activities for the duration of rest time.

Source

- Australian Children’s Education & Care Quality Authority
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- ECA Code of Ethics
- Guide to the National Quality Standard
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
- Standards Australia – www.standards.org.au
- The Children’s Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses, <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safetyfactsheets/cots-and-cot-mattresses.pdf>
- Australian Competition and Consumer Commission (ACCC) – www.accc.gov.au - Cot safety PDF
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011
- Revised National Quality Standards
- Childcare Centre Desktop Policies – www.childcarecentredesktop.com.au
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Review

Policy Reviewed	Modifications	Next Review Date
December 2017	Changes made to policy format and updated references to comply with the revised National Quality Standard	June 2018