Rest Time Policy

**Quality Area 2: Children’s health and safety**

**Standard 2.1:** Each child’s health is promoted.

**Standard 2.2:** Healthy eating and physical activity are embedded in the program for children.

**Standard 2.3:** Each child is protected.

Considering the busy and energetic nature of our Services 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 the body. During this period individual needs are considered and catered for:

- Children’s beds are washed prior to use with sanitiser and wiped with paper towels, using a fresh paper towel for each bed to ensure a sterile surface
- Beds are covered in clean linen for each child
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both Educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories
- 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 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 sleeping or rest times and the Service Policy regarding sleep and rest times
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind them that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable and children are encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort
- Children who do sleep will be able to sleep for as long as needed or as long as the parent or person responsible for the child desires. In the case of a parent requesting their child not to sleep; if the child falls asleep on their own, we will not wake them up before a period of 1 hour

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• Children who do not normally sleep will be encouraged to rest on their beds for a period of 20 minutes while reading or listening to a story or music, after this time they will be provided with a range of quiet activities to play with on their bed or in a designated quiet play area

• Consideration will be given to those children who are asleep within the environment

• Children who do sleep and/or require a sleep will be patted off to sleep if they wish by a staff member

• Children are not to share the one bed at the same time

• Beds will be arranged in a responsible manner with a ‘head to tail’ approach to ensure each child has enough personal space as well as maintaining appropriate hygiene standards

**Children in Cots**

Educators will:

• Ensure children will not be put in cots or in beds with bottles as per the Dental health policy

• Ensure that cot mattresses are clean,

• Children will be placed on their backs to sleep, but they will be able to find their own sleeping position.

This policy was made with consideration to Guide to the National Quality Standard (3) ACECQA (2011), Education and Care Services National Law and the Education and Care Services National Regulations 2011, SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org

Date that the policy was last updated or revised: January 2016

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