



# Guliyali Preschool Procedure

## Rest and Relaxation



<b>Current</b>	13/03/2017
<b>Next Review</b>	13/03/2018
<b>Regulation(s)</b>	R. 81, 103, 105, 110, 115
<b>National Quality Standard(s)</b>	2.1.2: Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.
<b>Key Resources</b>	<ul style="list-style-type: none"><li>➤ Children (Education and Care Services National Law Application) Act 2010</li><li>➤ Community Childcare Co-operative</li></ul>

All children have individual sleep and rest requirements. 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.

### **GULIYALI PRESCHOOL AIM:**

Guliyali Preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. We will provide beds that comply with Australian Standards and an adequate number of yoga mats.

### **PROCEDURES:**

The Preschool Teacher or Teacher on duty and the support staff will:

- "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children" (Regulation 81).
- Ensure there are adequate numbers of bedding available to children that meet Australian Standards.
- Make sure that there are a suitable number of beds are put out for those children who want, need or usually sleep.
- Ensure there are an adequate number of yoga mats available for the children during rest time.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Consult with families about children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Ensure that beds are clean and in good repair.
- Ensure that yoga mats are clean and in good repair.
- Ensure there are an adequate number of Busy Bags and that the activities inside these bags are regularly rotated.
- Ensure that the Preschool bed linen is clean and in good repair. Bed linen is for use by an individual child and will be washed before use by another child. This is offered to children who have not brought their own from home and require it on the day.
- Arrange children's beds/yoga mats to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relation music, reading stories, and cultural reflection, turning off lights an 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.
- Provide a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Encourage children to rest their bodies and minds for 15-20 minutes. After this time, they will be provided quiet activities for the duration of rest time. These activities will be inside their Busy Bags and these bags are handed to them before the children go to a bed or yoga mat.
- Maintain adequate supervision and 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.

**REST AND RELAXATION:**

- Communicate with families 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 families that children will neither be forced to sleep nor prevented from sleeping.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.

**EVALUATION:**

Communications with families are maintained to encourage a consistent approach in responding appropriately and respectfully to children's sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children.