



Victor Harbor Community Kindergarten

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Sleep and Rest Procedure

May 11, 2019

Updated and amendments made 8/2/2021

Purpose

At Victor Harbor Community Kindergarten all staff have a duty of care to support all children's health and wellbeing. Encouraging children to rest and relax is part of that duty of care. Staff will ensure that children are provided with quiet activities and spaces to rest and relax, as well as a quiet area for any children who wish to sleep, without being disrupted.

Procedure

1. Educators at Victor Harbor Community Kindergarten will:

- Ensure that relaxation/mindfulness is always a part of our routine, but also as needed throughout the day.
- Ensure that there are quiet spaces available for rest as needed, through children having access to both the indoor and outdoor environments.
- Ensure activities provided support both rest and active play.
- Children have access to a quiet area when they are feeling tired. The sensory room is a designated rest area should a child be feeling tired, and we have special sleep mats for the child to rest on. All blankets or other choking hazards are removed from the area.
- A risk assessment has been completed on safe sleeping procedures

2. If a child falls asleep during preschool time, the following procedure will take place:

- If a child falls asleep on the floor, the other children will be asked to do quiet activities around the sleeping child, or to play in another area.
- If the child is a light sleeper, they can stay where they are to sleep.
- The child can be moved to the designated quiet area (floor rug).
- The inside educator will remain within sight and hearing distance of the sleeping child, and make sure there are no hazards around the child.
- The inside educator will be responsible for checking on the sleeping child every 10 minutes, checking the child's breathing and colour of their skin/lips.
- The educator will record on the parent sign in page that the child has had a sleep, including the time they fell asleep and record the 10-minute interval checks.

Source

- Education and Care Services National Law and Regulations
- Department for Education Safe sleeping for infants and children Procedure July 2017
- Safe sleeping checklist for infants and young children
- Red Nose
- Kidsafe SA Safe Sleeping Recommendations

- Safe infant sleeping standards policy directive (SA Health)
- ACEQUA safe sleep and rest policies
- NQS Quality Area 2 – Children’s health and safety

Approved and Checked By

Review 2022 or as required

Approved and Checked By:

Centre Director

.....Date

Governing Council Representative

.....Date