



**BRISBANIA BEFORE & AFTER SCHOOL & VACATION CARE CENTRE INC**  
**MANAGEMENT**

**Title: SLEEP & REST**

**Status: Current**

**Date of Origin: August 2020**

**Policy No: 39**

**Last Reviewed: August 2021**

**POLICY STATEMENT:**

Our Service 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. The service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity and considered different to a child being in a state of sleep in regards to the school age care of children.

Whilst the majority of 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 needed. Examples of when this may be necessary are when children are feeling unwell, if they are tired from an excursion or if they have additional needs and their rest, requirements are greater than their peers.

**PROCEDURES:**

Safe Sleep Practices for all Children In accordance with the Education and Care Services National Law and Regulations, the service will ensure that the needs for sleep and rest of children in the service are met, having regard to 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. The service 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 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.

If a child requests a rest there is a designated area for the child to be inactive and calm, away from the main group of children in the quiet room. Light bedding is the preferred option if



requested by the child. Educators will show awareness of children's comfort and avoiding overcrowding when children are in need of rest or sleep. Our service will provide a range of

both active and restful experiences throughout the program and support children's preferences for participation.

Safe Resting Practices for a Child who is Unwell Children will be encouraged to rest in a quiet, comfortable and safe place. Children will be encouraged to lie down & make themselves comfortable when displaying signs of being unwell. All children will rest with their face uncovered. 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 and/or vomiting.

#### THE REST/SLEEP ENVIRONMENT AND EQUIPMENT

The service will ensure a rest or sleep space is available or be made available to children at all times. Hygiene standards will be maintained when children use the rest/sleep area. The service will regularly disinfect areas of sleep and rest especially when children are feeling unwell. 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 whilst asleep.

- Education and Care Services National Law Act 2010 (Regulation 81)
- National Quality Standard (Standard 2.1, 2.2)
- Children's and Young Persons (Care and Protection) Act 1998 4.2 Service policies
- Incident, Illness, Injury and Trauma policy
- Maintenance of Safe Environment Policy 4.3 National frameworks
- Framework for School Age Care in Australia, "My Time, Our Place"  
[http://files.acecqa.gov.au/files/National-Quality-Framework-ResourcesKit/my\\_time\\_our\\_place\\_framework\\_for\\_school\\_age\\_care\\_in\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-ResourcesKit/my_time_our_place_framework_for_school_age_care_in_australia.pdf)



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