

Sleep and Rest Procedure

Rationale

The purpose of a Sleep and Rest procedure is to ensure all children are provided with appropriate opportunities for rest in a safe, calm, and supportive environment. Adequate rest supports children's wellbeing, emotional regulation, learning, and overall development.

Policy Statement

Preschool recognises that children have individual sleep and rest needs. Educators will provide a flexible, respectful rest routine that supports children to rest or relax according to their individual needs, family preferences, and developmental stage, while always ensuring safety and supervision.

Legislative Requirements

National Law: Sections 165, 167

National Regulations: Regulations 81, 103, 168

National Quality Framework: Quality Area 2.1

Early Years Learning Framework: Outcomes 3.1, 3.2

Implementation - During Rest Time

Parents/Carers are expected to:

1. Share information with educators regarding their child's sleep or rest needs, routines, or preferences.
2. Inform educators of any cultural, medical, or family considerations related to sleep and rest.
3. Provide relevant documentation if their child has specific medical or support needs relating to rest or sleep.

Preschool Staff will:

1. Provide a calm, safe, and comfortable rest environment that supports children to sleep or rest quietly.
2. Supervise children at all times during rest periods.
3. Support children to settle using consistent, respectful strategies.
4. Respect individual children's needs by allowing children who do not sleep to engage in quiet, restful activities.
5. Ensure pillows and mat are clean.
6. Regularly check sleeping children, ensuring correct positioning and comfort.
7. Respond promptly to children who wake or require assistance.
8. Communicate with families regarding their child's rest patterns if required.



**Students will:**

1. Follow the rest routine by lying or sitting quietly on the mat with a pillow.
2. Use calm voices and quiet bodies to respect others resting.
3. Participate in quiet activities if not sleeping.

Safety and Wellbeing

Children will not be forced to sleep.

Rest time may include sleep, quiet relaxation, or calm play.

Educators will ensure all children are visible and regularly checked.

Any concerns relating to a child's rest or sleep will be discussed with families.

Effective

Term 1, 2026

Date of Next Review

Term 1, 2027

Developed by

Teacher in Charge Preschool

