

# Sleep & Rest Policy



<b>Procedure Relevant to:</b>	All staff, Educators & families
<b>Link to</b>	Sleep & Rest Procedure
<b>Last Reviewed:</b>	February 2020
<b>Next Review:</b>	August 2022
<b>NQF:</b>	81, 105, 166, 168, 176
<b>NQS:</b>	2.1.1; 2.2.1; 3.1.2
<b>National Law:</b>	Section 3(2)(a); 165 (3); 167 (3)

## Rationale

Adventure Patch Family understands it has a duty of care to ensure that children are provided with a nurturing environment that provides for children's needs for comfort, rest and relaxation. Children's health and wellbeing is fundamental to their healthy development. Children need to be supported to feel a sense of belonging and comfort within the education and care environment.

Sleep or rest procedures shall be safe and meet the needs of individual children and expectations of parents.

The Education and Care Services National Law Act 2010 requires that the Approved Provider/Nominated Supervisor/Coordinator take reasonable care to protect children's health and safety. The SIDS Foundation provides guidelines for children's safety whilst sleeping, and relevant health authorities provide information on children's comfort and wellbeing.

## Policy

Educators will take reasonable steps to ensure the needs for sleep and rest of children are met, having regard to their age, developmental and individual needs. Sleep procedures and sleep equipment will take into account current health and safety advice from recognised health and safety authorities. There will be a comfortable place and experiences that promote rest and relaxation provided for children at all times.

Adventure Patch services will ensure:

- That all children sleep in a clean and safe environment.
- Educators will consult with families to meet the individual sleep/rest requirements for each child.
- All sleep procedures and equipment is purchased and maintained in accordance with Australian Standards and recognised health and safety authorities (Red Nose Australia)
- Education and Care Services National Regulations and Law are to meet at all times.