



SLEEP AND REST

We aim to meet the needs of all children and families in the service in relation to rest and sleep and will implement procedures to meet the needs of children needing sleep or rest and communicate closely with families when children seem to need extra rest or sleep.

Procedure:

-At times children in the OSHC service will feel the need to rest or even sleep. These reasons may include:

- Young children (particularly those aged 4 and 5 years old)
- Children with a change in routine or schedule
- Children with very long days (particularly those at the service from opening in the morning to close in the evening)
- Children who are unwell or becoming unwell
- Children who may have missed out on sleep recently

-Service staff will implement the following procedures when they deem a child needs rest or sleep:

- Provide an area or areas where children may lay down to rest or sleep (usually on the couch in the quieter area)
- Pillows and blankets may be provided.
- If a child is feeling tired, a trained first aider will monitor temperature and check if the child has any other symptoms of feeling unwell. A parent/caregiver will be rung if there is any indication of illness.
- Children will be allowed to sleep uninterrupted if they fall asleep.
- A parent/caregiver will be informed that the child has had a sleep when the child is collected and provided with any additional information relating to the sleep.
- If a child is regularly falling asleep at the service, service staff will communicate closely with the family to ascertain how the family would like service staff to deal with it. As long as it is not disruptive to the family’s routine the child will be allowed to sleep at the service.

-In addition to this, the long Vacation Care day is structured so that most activities and physical activity are scheduled in the morning and directly after lunch. After 2pm downtime is scheduled for those children who need rest and have been very active all day.

NATIONAL QUALITY STANDARD

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest and relaxation.



SETTLERS FARM CAMPUS OSHC POLICY AND PROCEDURES

2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 3: PHYSICAL ENVIRONMENT

3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures

Policy reviewed	Previous modifications	Next review date
26/10/2021	NO CHANGES	2022