

Relaxation and Sleep Policy

Mandatory – Quality Area 2



Heatherdale PreSchool
'Helping your child to grow'

PURPOSE

This policy will provide clear guidelines for the implementation of safe relaxation and sleep practices that meet the individual needs of children attending Heatherdale Preschool.

POLICY STATEMENT

1. VALUES

Heatherdale Preschool is committed to:

- providing a positive and nurturing environment for all children attending the Preschool
- recognising that children have different requirements for relaxation and sleep, and being responsive to those needs to ensure that children feel safe and secure at the Preschool
- consulting with parents/guardians about their child's individual relaxation and sleep requirements/practices, and ensuring practices at the Preschool are responsive to the values and cultural beliefs of each family
- its duty of care (refer to *Definitions*) to all children at Heatherdale Preschool, and ensuring that adequate supervision (refer to *Definitions*) is maintained while children are sleeping, resting or relaxing
- complying with all legislative requirements, standards and current best practice and guidelines, including recommendations by Red Nose (refer to *Sources*).

2. SCOPE

This policy applies to the Approved Provider, Persons with Management or Control, Nominated Supervisor, Persons in day-to-day Charge, educators, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of Heatherdale Preschool.

3. BACKGROUND AND LEGISLATION

Background

The *Early Years Learning Framework (EYLF)* and the *Victorian Early Years Learning and Development Framework (VEYLDF)* include a focus on social, emotional, spiritual and physical wellbeing and health. Development Outcome 3 in both framework documents refers to a child's ability to take increasing responsibility for their own wellbeing. One of the indicators for this capacity is that children "recognise and communicate their bodily needs (for example thirst, hunger, rest, comfort, physical activity)". The EYLF suggests that to promote this, educators should:

- consider the pace of the day within the context of the community
- provide a range of active and restful experiences throughout the day, and support children to make appropriate decisions regarding participation.

Employers have a responsibility under the *Occupational Health and Safety Act* to provide a safe and healthy working environment. This duty extends to others present in the workplace, including children and volunteers.

Legislation and standards

Relevant legislation and standards include but are not limited to:

- *Education and Care Services National Law Act 2010*
- *Education and Care Services National Regulations 2011*
- *National Quality Standard, Quality Area 2: Children's Health and Safety*
- *Occupational Health and Safety Act 2004*

4. DEFINITIONS

The terms defined in this section relate specifically to this policy. For commonly used terms e.g. Approved Provider, Nominated Supervisor, Regulatory Authority etc. refer to the *General Definitions* section of this manual.

Adequate supervision: (In relation to this policy) entails all children (individuals and groups) in all areas of the service, being in sight and/or hearing of an educator at all times including during toileting, sleep, rest and transition routines. Services are required to comply with the legislative requirements for educator-to-child ratios at all times. Supervision contributes to protecting children from hazards that may emerge in play, including hazards created by the equipment used.

Adequate supervision refers to constant, active and diligent supervision of every child at the service. Adequate supervision requires that educators are always in a position to observe each child, respond to individual needs, and immediately intervene if necessary. Variables affecting supervision levels include:

- number, age and abilities of children
- number and positioning of educators
- current activity of each child
- areas in which the children are engaged in an activity (visibility and accessibility)
- developmental profile of each child and of the group of children
- experience, knowledge and skill of each educator
- need for educators to move between areas (effective communication strategies).

Duty of care: A common law concept that refers to the responsibilities of organisations to provide people with an adequate level of protection against harm and all reasonable foreseeable risk of injury.

Red Nose: (formerly SIDS and Kids), the recognised national authority on safe sleeping practices for infants and children (refer to *Sources*)

Relaxation/rest: A period of inactivity, solitude, calmness or tranquillity.

SIDS (Sudden Infant Death Syndrome): The unexpected and unexplained death of an infant, usually occurring during sleep.

5. SOURCES AND RELATED POLICIES

Sources

- *Belonging, Being & Becoming – The Early Years Learning Framework for Australia* (EYLF): <https://www.education.gov.au/>
- *Grow and Thrive, Sleep*, volume 2 number 1, February 2014, Centre for Community Child Health: <https://www.rch.org.au/home/>
- Red Nose: Evidence-based information and advice about safe sleeping practices across ages and stages at <https://rednose.com.au/>
- WorkSafe Victoria, *Children's services – occupational health and safety compliance kit*: <https://www.worksafe.vic.gov.au/>
- *Victorian Early Years Learning and Development Framework* (VEYLDF): <http://www.education.vic.gov.au/Pages/default.aspx>

Heatherdale Preschool policies

- *Child Safe Environment Policy*
- *Hygiene Policy*
- *Incident, Injury, Trauma and Illness Policy*
- *Interactions with Children Policy*
- *Occupational Health and Safety Policy*
- *Supervision of Children Policy*

PROCEDURES

The Approved Provider is responsible for:

- taking reasonable steps to ensure the sleep/rest needs of children at the Preschool are met, with regard to the age of children, developmental stages and individual needs (Regulation 81(1))
- reviewing practices to ensure compliance with the recommendations of Red Nose in relation to safe sleeping practices for children where required (refer to *Sources*)
- protecting children from hazards and harm (Section 167)

- consulting with staff in relation to OHS issues when purchasing new equipment for the Preschool
- ensuring compliance with WorkSafe Victoria's *Children's services – occupational health and safety compliance kit* (refer to *Sources*)
- ensuring adequate supervision of children at the Preschool at all times, including during relaxation and sleep
- ensuring that rooms used for sleep and relaxation are well ventilated

The Nominated Supervisor is responsible for:

- taking reasonable steps to ensure the sleep/rest needs of children at the Preschool are met with regard to the age of children, developmental stages and individual needs (Regulation 81(2))
- ensuring the educational program provides opportunities for each child to sleep, rest or engage in appropriate quiet play activities, as required
- protecting children from hazards and harm (Section 167)
- removing any hazards identified in the child's resting or sleeping environment and informing the Approved Provider, as soon as is practicable
- ensuring parents/guardians are consulted about appropriate relaxation and sleep practices for their child
- providing information to ensure staff are kept informed of changing practices in relation to safe sleep practices for children where required
- ensuring all staff and educators comply with the recommendations of Red Nose in relation to safe sleeping practices for children (refer to *Sources*)
- educating families about evidence-based safe sleeping practices
- ensuring all staff and educators comply with WorkSafe Victoria's *Children's services – occupational health and safety compliance kit* (refer to *Sources*)
- ensuring adequate supervision of children at the reschool at all times, including during relaxation and sleep

Educators and other staff are responsible for:

- providing each child with appropriate opportunities for relaxation and sleep according to their needs
- complying with the recommendations of Red Nose in relation to safe sleeping practices for children (refer to *Sources*)
- developing relaxation and sleep practices that are responsive to:
 - the individual needs of children at the Preschool
 - parenting beliefs, values, practices and requirements
 - the length of time each child spends at the Preschool
 - circumstance or events occurring at a child's home
 - consistency of practice between home and the Preschool
 - a child's general health and wellbeing
 - the physical environment, including room temperature, lighting, airflow and noise levels
- educating families about evidence-based safe sleeping practices
- minimising distress or discomfort for the children in their care
- ensuring that resting and sleeping practices are not used as a behaviour guidance strategy (refer to *Interactions with Children Policy*)
- providing a range of opportunities for relaxation throughout the day
- complying with WorkSafe Victoria's *Children's services – occupational health and safety compliance kit* (refer to *Sources*),
- providing input in relation to OHS issues when new equipment is purchased for the Preschool
- conducting regular safety checks of equipment used for sleeping/resting
- removing any hazards identified in the child's resting or sleeping environment and informing the Nominated Supervisor or Approved Provider, as soon as is practicable
- ensuring that any hanging cords, mobiles, curtains and blinds are inaccessible to children who are resting or sleeping
- providing adequate supervision (refer to *Definitions*) of all children, including during sleep, rest and relaxation
- supervising children displaying symptoms of illness closely, especially when resting or sleeping (refer to *Incident, Injury, Trauma and Illness Policy*)

- ensuring that artificial heating, such as heat bags and hot-water bottles, is not used to provide warmth
- providing information to families about the Preschool's relaxation and sleep practices
- developing communication strategies to inform parents/guardians about their child's rest and sleep patterns, including times and length of sleep

Parents/guardians are responsible for:

- discussing their child's relaxation and sleep requirements and practices prior to commencing at the Preschool, and when these requirements change

Volunteers and students, while at Heatherdale Preschool, are responsible for following this policy and its procedures.

EVALUATION

In order to assess whether the values and purposes of the policy have been achieved, the Approved Provider will:

- regularly seek feedback from everyone affected by the policy regarding its effectiveness
 - monitor the implementation, compliance, complaints and incidents in relation to this policy
 - keep the policy up to date with current legislation, research, policy and best practice
 - revise the policy and procedures as part of the Preschool's policy review cycle, or as required
 - notify parents/guardians at least 14 days before making any changes to this policy or its procedures unless a lesser period is necessary because of a risk.
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ATTACHMENTS

Nil

AUTHORISATION

This policy was adopted by the Approved Provider of Heatherdale Preschool on 16 July 2019.

A full copy of this policy is available in the Policy Folder in the Preschool's foyer and on the Heatherdale Preschool website <http://www.heatherdalepreschool.org/policies/> .

POLICY REVIEW

- **Last reviewed:** 16/7/2019 (new policy - reviewed for implementation)
- **Review cycle:** 4 years (or earlier in response to legislative and/or other changes)
- **Next review due:** 16/7/2023

Parents / guardians will be notified at least 14 days before making any changes to this policy or its procedures unless a lesser period is necessary because of a risk.
