

REST AND SLEEP PROCEEDURE

Purpose

This procedure is to provide educators at Meadows and Districts Kindergartens with guidelines to implement safe sleep and rest practices that meet each child's individual needs for rest and sleep.

Implementation

It is important to provide opportunities for all our children to rest and sleep in a safe and supportive environment. To ensure this safe and supportive environment we:

- work closely with families to implement rest and sleep practices that are appropriate for individual children according to their needs
- take into consideration cultural and parenting beliefs associated with rest and sleep practices
- are responsive to the individual needs of each child on a daily basis in relation to rest and sleep
- encourage children to remove excess clothing including hooded clothing, jewellery and shoes
- ensure the room is well ventilated
- keep the room at an appropriate temperature for children to rest and/or sleep comfortably
- all children will be provided the opportunity to rest after lunch and at times they are feeling tired or request a rest.
- provide relaxing music and audio stories for children to listen to at relaxation time as a means of helping children rest their bodies
- provide children the opportunity to practice yoga and other stretching methods to help their bodies relax
- ensure that there is adequate lighting for educators to supervise children resting and sleeping
- monitor children at all times during their rest and/or sleep times and correct Educator to Child ratios are maintained
- where a child is sleeping, maintain regular checks on the child's breathing and the colour of their skin (Intervals between checks must not exceed 10 minutes)

This information has been extracted from the [Department for Education Safe sleeping for infants and young children procedure](#)