



## Thorndon Park Kindergarten

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### Rest and Sleep Policy

#### Rationale

Sleep is an important factor to all human beings, especially young children. It is vital for young children to be able to rest, to reset as needed, and be fully involved in the preschool program.

This procedure is consistent with the requirements of the:

- Education and Care Services National Law and Regulations
- DECD Safe sleeping for infants and children Procedure July 2017
- Safe infant sleeping standards policy directive (SA Health)
- Red Nose
- Kidsafe SA safe sleeping recommendations

In accordance with National Quality Standards: Quality area2: Children's health and safety.  
Element 2:1:2 – Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation

#### DOCUMENT CONTROL

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**Managed by:**

Thorndon Park Kindergarten

**Approved by:**

Governing Council

**Review Date:**

**Next Review:** August 2020

Ratified by Governing Council on 6<sup>th</sup> August, 2018.

**1. TITLE**

Sleep and Rest Policy

**2. PURPOSE**

At Thorndon Park Kindergarten all staff have a duty of care to all children’s health and wellbeing. Encouraging children to rest and relax is part of that duty of care. Staff will ensure that children are provided with quiet activities and spaces to rest and relax, as well as a quiet area for any children who wish to sleep, without being disrupted.

**3. OBJECTIVES**

1. To ensure a clearly documented process
2. To assist children to learn about the importance of sleep, relaxation and rest

**4. POLICY DETAILS**

4.1. Educators at Thorndon Park Kindergarten will:

- Ensure the relaxation/mindfulness is always a part of our routine (usually after lunch), but also as needed throughout the day.
- Ensure that there are quiet spaces available for rest as needed, through children having access to both the indoor and outdoor environments.
- Ensure activities provided support both rest and active play.
- Children have access to a quiet area when they are feeling tired. The children’s lounges or floor rug are designated rest areas, should a child be feeling tired. All blankets or other choking hazards are removed from the area.

**4.2. If a child falls asleep during preschool time, the following procedure will take place:**

- If a child falls asleep on the floor, the other children will be asked to do quiet activities around the sleeping child, or to play in another area.
- If the child is a light sleeper, they can stay where they are to sleep.
- The child can be moved to the designated quiet area (children’s lounges or floor rug).
- The inside educator will remain within sight and hearing distance of the sleeping child, and make sure there are no hazards around the child.
- The inside educator will be responsible for checking on the sleeping child every 10 minutes, checking the child’s breathing and colour of their skin/lips.
- The educator will record on the parent sign in page that the child has had a sleep, including the time they fell asleep and record the 10-minute interval checks.

**5. MONITORING, EVALUATION AND REVIEW**

<b>Oversight:</b>	Director of Thorndon Park Kindergarten
<b>Implementation:</b>	All Educators
<b>Monitoring:</b>	Thorndon Park Kindergarten Educators

Policy Implemented and Ratified – 6<sup>th</sup> August 2018