

Purpose

The purpose of the Sleep and rest for children policy is to ensure the safety, health and wellbeing of all children attending our service and appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation. This environment must be safe and well supervised to ensure children are safe, healthy and secure and safe at our service.

Policy

The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest. Westgarth OSHC Sleep and Rest policy provides our educators, management, coordinators, other staff, families and the community with the information they need to support children's needs for sleep and rest are met while attending the service. All children need rest and sleep for their wellbeing and health, and this is an area of service policy and procedure that our service very carefully considers, monitors and actively reviews to ensure risks are appropriately addressed at all times.

Procedures:

Our service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important to identify children who may need to participate in a quiet/rest period and provide a space during our service in order to rest, relax and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in OSHC.

- Management will ensure:
 - To take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
 - The area for rest is well ventilated and has natural lighting with at least 75% light penetrating the room.
 - Safe supervision of children whilst they rest their bodies.

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A Nominated Supervisor/ Certified Supervisor will:

- Take reasonable steps to ensure that children’s needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.

Educators will:

- Consult with families about children’s rest needs.
- Be sensitive to each child’s needs so that rest times are a positive experience.
- Create a relaxing environment for children to rest by providing some quiet areas and comfortable seating, activities such as reading to provide a calm activity.
- Ensure the environment in certain areas is tranquil and calm for both educators and children.
- Assess each child’s circumstances and current health to determine whether the rest is illness related and family needs to be contacted.

This policy is written in accordance with regulation 81 of the Education and Care Services National Regulation.

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Legislative Requirements:

- Section/regulation Description
- Section 165
- Section 167
- Regulation 81
- Regulation 82
- Regulation 87
- Regulation 103
- Regulation 105
- Regulation 106
- Regulation 107
- Regulation 110
- Regulation 115
- Regulation 168
- Regulation 169
- Regulation 170
- Regulation 171
- Regulation 172

Related documents and attachments

- Education and Care Services National Regulations 2011
- National Quality Framework
- Westgarth Primary School OSHC Staff Handbook

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