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# Giralang Preschool Unit

**Supervised resting and sleeping procedure**

If required, all children are to be put to sleep or rest as follows:

1. Each child prepares their rest space on the carpeted area by spreading the sheet so that the pattern side is facing upwards and their pillow is on the sheet. The staff then cover each child with the remaining amount of sheet
2. Sheets will be used by each intended child only
3. Each child will be assisted to pack their sheet and cushion back into their linen bag
4. Children’s linen will be washed at the end of each term (or as required) by the child’s family
5. Spare linen and cushion inserts will be washed and stored on the premises in the clean linen cupboard
6. Clean sheets will then be provided to children at all times. These sheets will be kept in good repair and remain hygienic by being washed following each single use. Over time any sheets that are not hygenic and / or in ill repair will be replaced
7. Children will be placed with their faces uncovered, hooded jumpers, beanies, jackets and shoes must be removed before going to bed. Children’s clothing may need to be removed, depending on the warmth of the room and the thickness of their sheet
8. No comfort toys from home containing ribbons, loops, small removable parts,

dummies with chains can be used

1. Large quilts, doonas, duvets, cot bumpers or lambs wools are not to be used as they could risk covering a child’s face during sleep
2. Staff are not to hang any material-blankets, sheets etc, to block light or children’s view from each other as there may be a reduction in the line of sight and supervision
3. Staff will supervise the rest and sleeping environments, maintaining ratios
4. Staff will monitor the room temperature and airflow during sleep or resting periods, as it can be dangerous for children to get overheated
5. Quiet experiences are available to children who do not sleep or wake early from

sleep

1. The preschool encourages the playing of quiet music to assist children to rest in a calm and relaxing environment
2. The preschool aims to provide routine rest periods for all children
3. Staff continue to supervise children when sleeping or resting