



Giralang Primary School Supervised Sleeping and Resting Procedure

Sleep and rest are extremely important for children as it directly impacts mental and physical development. Safe sleep and rest for children has the proven benefits of increases in growth, health, attention span and learning. Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe.

At Giralang Preschool we understand that all children have individual sleep and rest requirements and we provide opportunities for sleep, rest and relaxation in our daily program.

Staff consult with families about their child's individual needs and are sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest. Some children may prefer to quietly rest and read; some may enjoy relaxation activities like guided meditation, using the 'quite bags', or yoga.

Staff supervise resting children, monitor airflow and room temperature, ensure a calm and relaxing environment.

If required, 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 (provided by families). The staff then cover each child with the remaining amount of sheet
2. Pillows are brought from the child's home and used by the owner only. They are washed at the end of each term. Staff support families with this task when required.
3. Sheets will be used by each intended child only
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. 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
7. No comfort toys from home containing ribbons, loops, small removable parts can be used
8. 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

9. Staff will supervise the rest and sleeping environments, maintaining ratios
10. Staff will monitor the room temperature and airflow during sleep or resting periods, as it can be dangerous for children to get overheated
11. Quiet experiences are available to children who do not sleep or wake early from sleep
12. The preschool encourages the playing of quiet music to assist children to rest in a calm and relaxing environment
13. The preschool aims to provide routine rest periods for all children
14. Staff continue to supervise children when sleeping or resting

Review:

The policy is reviewed annually.

Last Reviewed: January 2022

Date for next Review: January 2023