



Preschool Sleep and Rest Policy

NQS 2.1.2 Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

EYLF LO3 Children take increasing responsibility for their own health and wellbeing

- Children recognise and communicate their own bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
- Educators consider the pace of the day, within the context of the community.
- Educators provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding participation.

AIM:

Our preschool aims to meet each child's needs for rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

Practice and Procedure:

- Staff will consider the pace of the day and provide opportunity for children to rest within the daily routine.
- Resting spaces are made available for children to rest and have quiet time in order to meet their individual needs.
- Children will not be coerced to sleep at any time. Quiet relaxation activities will be made available for all children.
- Rest and relaxation activities will be regarded as a positive, pleasant experience and staff will make every effort to provide a relaxing and comfortable rest environment.
- Ongoing communication with families is maintained by all staff regarding the rest, relaxation and wellbeing of all students.
- Resting surfaces are cleaned after use and stored appropriately in line with health and safety.