

Early Childhood Management Services

Quality Area 2: Children’s Health and Safety Early Childhood Education

Sleep and Rest Policy

Purpose

ECMS has a sleep and rest procedure that ensures that children are supported in their need to sleep and rest.

ECMS aims to create an environment where children are able to rest or sleep according to their individual needs and requirements throughout the day.

Sleep/rest time depends upon the needs of individual children. Most children from birth to six years will need to sleep/rest. Sleep/Rest time is important as it also teaches children to learn to relax and to promote healthy bodies. Relaxation is a very important skill to learn from childhood. Staff will consult with parents to determine

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babies and children’s individual sleep/rest requirements, in order to promote continuity for the child between the home and service environments.

Principles:

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service
- ECMS staff have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard
- ECMS staff consult with families about their child’s individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest
- Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, which need to be considered within the service
- Each child’s comfort must be provided for and there must be appropriate opportunities to meet each child’s sleep, rest and relaxation needs.

Scope:

This policy applies to all ECMS staff, including Educators, volunteers and students.

Sources and further reading	<ul style="list-style-type: none"> • Education and Care Services National Regulations 2011 Reg - 81 • Red Nose rednose.com.au • Australian Competition and Consumer Commission (ACCC) (2006)
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