



Grove Kindergarten

Sleep and Rest Procedure

Date created
February 2024

Next Review
February 2025

Purpose

Children have different sleep, rest, and relaxation needs. Children of the same age can have different sleep patterns which is taken into consideration at Grove Kindergarten. We believe it is important that children learn to understand their body's needs and to respond accordingly.

Principles

The following principles have informed our sleep and rest procedures at Grove Kindergarten:

- Children have agency and exercise choice about their sleep, rest & relaxation.
- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service.
- Approved providers, nominated supervisors, and educators 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.
- Approved providers are responsible for ensuring sleep and rest procedures are in place.
- Procedures should be based on current research and recommended evidence-based principles and guidelines. Red Nose (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children.
- Regularly review and update sleep and rest procedures to ensure they are maintained in line with best practice principles and guidelines.



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Practices

Provide a safe sleeping/resting environment:

- Children should sleep and rest with their face uncovered.
- Site leaders/teachers must ensure that sleeping environments are assessed to identify and remove all potential hazards. The floor is to be clean and free from hazards.
- When consider supervision requirements of sleeping children, an assessment of each child's circumstances and needs should be undertaken to determine any risk factors. E.g. A higher risk may be associated with children with colds or chronic lung disorders, they may require a higher level of supervision while sleeping.
- Sleeping children should always be within sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.

If a child falls asleep:

- If a child falls asleep on the floor, the other children will be asked to respect the child's space and to be aware of the sleeping child.
- An educator will remain within sight and hearing distances of the sleeping child and make sure that there are no hazards around the child.
- The educator who is within sight will be responsible for checking on the sleeping child every 10 minutes, including checking the child's breathing and the colour of their skin.
- We will inform the child's family if their child has fallen asleep during the day.

A collaborative Partnership with Families:

- Families are informed of the service's safe sleep/rest procedure and practices through parent handbook.
- Services should 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.

Sources

[Red Nose Australia](#)

[ACECQA Guide to the NQF](#)

[ACECQA Sleep and rest legislative requirements](#)

[Early Years Learning Framework 2022](#)



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