



Sleep and rest procedure

Rationale

At Darlington Children's Centre we promote opportunities for rest and relaxation time. This rationale of this policy is to create a safe, positive and relaxed atmosphere for children to rest their bodies. On occasions a child may be overly tired or become unwell and need to rest whilst waiting to be collected by a family member. Educators at Darlington will ensure that should this occur, safe practices and care will be adhered to and that all educators are aware of and comply with evidence based safe sleep practices for children.

The Department for Education (DfE) has a primary document 'Safe sleeping and resting for infants and young children' which is the guiding document.

The Director will:

- Promote that the site as a smoke and vape free site. People who smoke/vape under new regulations must be 10 meters away from the boundary of the site.
- Review the safe sleep risk assessment with the team annually
- Support the review and development of this policy.

Educators will:

- Provide spaces in the learning environment inside and outside for children to be able to rest their bodies and take a break. Should a child fall asleep during this time due to illness or tiredness, the child to be monitored and be in constant view by the educators. If the child is unwell a responsible adult will be contacted to organise collection from Kindergarten as soon as possible so the child can rest more comfortably in their own environment.
- If a child falls asleep at the end of the day in group time- an educator to stay with them until they are collected to go home
- A cushion will be offered should this make the child more comfortable.
- Negotiate with families as part of the enrolment process if a child is required to sleep and will ensure an educator is close to the room at all times. We will remove necklaces and loose clothing and ensure that the lighting is minimised, and the room is cool/warm enough depending on the season. (as per guidelines of SIDS and Kids) Educators will record sleep times to notice patterns of sleep and will discuss with families. We may suggest initially to do shorter days to balance out the sleep needs of the child and slowly increase their Kindergarten sessions. If families require some additional support with sleep, we can link in with our Occupational Therapist for some information and support.
- Not use prams for children in occasional care to go to sleep in. If a child under 2 years old falls asleep, educators will monitor the child and call families for pick up.



Darlington
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Government
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Governing Council Chairperson: Alison Riddell

Kindergarten Director: Kim Cook

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