

D31 Sleep and Rest

Epping Heights OSHC.

NQS

QA. 2.1	Health.
QA. 2.1.1	Wellbeing and comfort.
QA. 2.2	Safety.
QA. 2.2.1	Supervision.
QA. 2.2.2	Incident and emergency management.

National Regulations

Reg. 81	Sleep and rest
Reg. 85	Incident, injury, trauma and illness policies and procedures
Reg. 86	Notification to parents of incident, injury, trauma and illness
Reg. 87	Incident, injury, trauma and illness record
Reg. 160	Child enrolment records to be kept by approved provider and family day care educator
Reg. 161	Authorisations to be kept in enrolment record
Reg. 162	Health information to be kept in enrolment record

My Time, Our Place

LO. 1	Children feel safe, secure, and supported
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POLICY STATEMENT

We aim to accommodate the sleep and rest needs of the children who attend EPPING HEIGHTS OSHC. As the children are in school age care many do not need formal sleep during the sessions they attend, however do need the opportunity for rest and relaxation. We will take all reasonable steps to provide opportunities to meet each child's individual need for sleep, rest and relaxation. Their needs may vary because of illness, physical exertion, or lack of sleep.

RELATED POLICIES

- EPPING HEIGHTS OSHC Policy B-6: Indoor environment
- EPPING HEIGHTS OSHC Policy C-13: Interactions with children
- EPPING HEIGHTS OSHC Policy D-1: Dealing with medical conditions
- EPPING HEIGHTS OSHC Policy D-11: Management of incident, injury and trauma

PROCEDURE

We will provide a safe sleeping/rest area for children to use when they show signs of tiredness or request a rest. This will be an area away from the main group of children, or in a quiet space, where possible. The area will be smoke free, along with the Centre environment.

Where children utilise blankets or pillows, they will be monitored to ensure their face is not covered during rest or sleep.

Programming will be organized to ensure there are opportunities for rest and relaxation, especially during vacation care.

EPPING HEIGHTS OSHC will ensure hygiene standards are maintained. For example, regular washing of cushion covers and bedding, especially if a child has been unwell.

SOURCES

- Education and Care Services National Regulations 2011
- ACECQA resources information sheets/safe sleep and rest practices
- Red Nose – Safe sleeping
- Network of Community Activities – Sleep and Rest policy

Endorsed: 19/01/2023	Review Date: 19/01/2025
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