

ARMIDALE OUT OF SCHOOL HOURS CARE

Rest and Relaxation Policy

Related documentation Policy/policies:	Child Protection Policy, Providing a Child Safe Environment
Regulation/s/ Standards:	Regulations 81 & 161 National Quality Areas 1 & 2
Related procedures:	Supervision
References:	ACECQA Research and Resources
Date effective	November 2023
Date for review	November 2025
Purpose	To ensure the safety, health and wellbeing of children attending our service and appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.
Responsibility/applies	Management, Nominated Supervisors and Educators

Key Information

Armidale Out of School Hours Care recognises our responsibility to ensure children's needs for sleep relaxation and rest are met, having regard to each child's age, developmental stages and needs.

Procedures:

- Designated relaxation, rest and sleeping mats are available in a quiet are of the care environment
- Children will be provided with a high level of safety when relaxing, sleeping and resting, including adequate lighting to enable effective supervision by staff and ventilation for children
- Every reasonable precaution will be taken to protect children from harm and hazard
- Children sleeping and resting will always be within sight and hearing distance so that educators can monitor children's safety and wellbeing
- Educators will be able to visually check the child's breathing and the colour of the child's lips and skin tone
- Educators will physically check the sleeping/resting children every 10 minutes
- Opportunities will be provided to meet each child's sleep, rest and relaxation needs to ensure children feel secure and safe
- We will consult with families about their child's routine for rest and relaxation at home and carry this out at the service where possible and safe to do so.