

### SLEEP AND REST

### Quality Area 2.1

#### PURPOSE

The purpose of this policy is to

- protect the health and safety of all children
- ensure that the Centre is contributing to each child's individual wellbeing by providing opportunities for their needs for sleep, rest and relaxation
- ensure that everyone who is involved in Sorrento Early Learning is supported to be aware of children's need for sleep, rest and relaxation and how it supports age-appropriate development

#### OUR VISION FOR SORRENTO EARLY LEARNING

Our vision is to aspire for excellence in the provision of early childhood services through the creation of a safe, extended family environment and the development of a community of learners where educators, parents and other adults are committed to the children's education and wellbeing.

#### BROAD GUIDELINES FOR THIS POLICY

- Children's health and physical wellbeing contribute to their ability to concentrate, cooperate and learn<sup>1</sup>
- Sorrento Early Learning is committed to maintaining high quality early childhood practice in sleep and rest routines for children
- The Centre believes that the need for sleep is basic to a child's wellbeing and therefore, in normal circumstances, staff will encourage children to sleep or rest as part of the daily routine. For children whose sleep or rest patterns do not coincide with others, staff will encourage other children to modify their behaviour, respecting those who are sleeping or resting at different times during the session
- Children of all ages have a right to adequate sleep and rest. This is necessary for good health, growth and development. Children need sleep for a variety of reasons:
  - Adequate sleep enhances a child's immune system thereby decreasing the risk of infection and illness
  - Some children are very active in their exploration of activities provided at the Centre and become very mentally and physically stimulated. Their need for sleep is a healthy sign that they are fully engaged in the experiences available
  - Children, from time to time, need to catch up on lost sleep. Lost sleep could be due to a busy period of family life or a change in normal bedtime routine. Lost or

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<sup>1</sup> *Early Years Learning Framework, p.30; National Quality Standard and Assessment and Rating/Guide to National Quality Standard*

unreclaimed sleep can have an impact on the child's behaviour. If a child is sleep deprived, this could lead to ongoing behaviour difficulties.

e.g. A child may be too tired to eat their evening meal or to control their emotions leading to an inability to resume their normal bedtime routine.

### PROCEDURES

- The Centre is committed to have effective processes to support all aspects of children's health, including
  - supporting children's wellbeing by providing opportunities for children's sleep, rest and relaxation
  - teaching children that healthy lifestyles underpin everyday routines and experiences
- During the orientation session at time of enrolment, information about the child's specific rest/sleep requirements will be recorded on the child's age specific Information Sheet. If a parent feels that his/her child needs a variance to the Centre's Sleep/Rest Policy, then together with the Team Leader, a written 'Individual Sleep/Rest Plan' will be developed. Regular reviews of the Plan will be held at least once per term or more frequently if required by either the staff or the parent.
- A designated 'sleeping area' is set aside within the classroom where children know they can go and lie quietly, sleep, or read peacefully at any time, without disruption from other children
- To encourage children to meet their needs, a relaxation, meditation 'quiet time' is part of the daily after-lunch routine, when children are encouraged to rest.

The following Regulations apply to Sorrento Community Centre Early Learning –  
National Quality Standard & Quality Area 2: Standard 2.1: Children's Health and Safety  
Children's Services Regulations 2020  
Department of Education and Training - [www.education.vic.gov.au](http://www.education.vic.gov.au)

#### Policy Control Data

Approved by Sorrento Community Centre

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Scheduled Review Date: 2022

Next Review Date: