



SLEEP AND REST POLICY

(Required regulation)

Policy Statement

New Lambton District OOSH (NLDOOSH) recognises that children have different sleep and rest requirements and that these can differ from week to week. To support these needs, and our children's general wellbeing, we will provide comfortable relaxing environments in which our children can rest and relax. These environments will be safe, comfortable and fully supervised. At NLDOOSH rest is defined as a period of quiet reflection, calmness and/ or relaxation.

Procedures

- a. Educators will be sensitive to children's individual needs and rest requirements so that rest times are positive experiences for our children
- b. Educators will ensure children are aware of rest areas and are encouraged to utilise them
- c. Educators will ensure rest spaces are tranquil and calm by:
 - keeping the spaces clear of clutter and activity
 - redirecting noisy play to outside or noisy play areas
 - ensuring furniture and furnishings, (ie- blankets and pillows) are available to provide a comfortable restful space
 - monitoring the temperature of the space to ensure maximum comfort for the children
- d. Educator to children ratios will be maintained in these spaces to ensure adequate supervision

Considerations

Name	Reference
Education and Care Services National Regulations	168
National Quality Standard	2.1.1
Other NLDOOSH policies/ documentation	Providing a Child Safe Environment Policy
Other	

Policy status

Policy developed	May 2019
Last reviewed	April 2026
Due for review	October 2027
Policy owned by	New Lambton District OOSH Inc