



# Marton Activity Centre

## MAC Policy

<b>SLEEP AND REST</b>	Document ID	:	POL043
	Amendment No	:	2
	Quality Area	:	MACQA2
	Approved By	:	Management
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*The United Nations Convention on the Rights of the Child states that “all children have the right to relax and play” (My Time, Our Place: Framework for School Age Care in Australia, p. 4). Our OSHC Service will cater for the needs of individual children who may require a rest after a busy school day.*

### POLICY STATEMENT

Marton Activity Centre will ensure that all children have appropriate opportunities to rest and relax in accordance with their individual needs. Our Service has a duty of care, to ensure we respect and cater for each child’s specific needs.

### SCOPE

This policy applies to the children, families, staff, Educators, management and visitors of Marton Activity Centre.

### PROCEDURES

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, that Nominated Supervisors and Educators need to consider within the Service. As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child’s comfort must be provided for and there must be appropriate opportunities to meet each child’s sleep, rest and relaxation needs.

Marton Activity Centre defines ‘rest’ as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep. Considering the busy and

energetic nature of a child's day, we feel that it is important for children to participate in a quiet/rest period after school if required, to rest, relax and recharge their body.

Our Service will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

#### **THE APPROVED PROVIDER OR NOMINATED SUPERVISOR WILL:**

- Take reasonable steps to ensure that children's needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages and individual needs of each child.
- Ensure the area for rest is well ventilated and has natural lighting.
- Ensure safe supervision of children whilst they rest their bodies.

#### **THE APPROVED PROVIDER, NOMINATED SUPERVISOR, EDUCATORS, STAFF MEMBERS, VOLUNTEERS AND STUDENTS WILL:**

- Consult with families about children's rest needs.
- Maintain adequate supervision and ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's rest time and observed requirements.
- Encourage children to dress appropriately for the room temperature when resting. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Monitor the room temperature to ensure maximum comfort for the children.

#### **EDUCATORS WILL ENSURE THAT:**

- If a school age child requests a rest then there is a designated area for the child to be inactive and calm, away from the main group of children.
- The designated rest area may be a cushion, bean bag, or comfortable seat in a quiet section of the care environment.
- Sleeping children are monitored at regular intervals.
- Faces of sleeping children are uncovered when they are sleeping.
- Light bedding is provided for children as required.

## CONSIDERATIONS

### NATIONAL QUALITY STANDARDS (NQS)

<b>Quality Area 2: Children's Health and Safety</b>		
<b>2.1</b>	<b>Health</b>	<b>Children's Health and Safety</b>
<b>2.1.1</b>	<b>Wellbeing and comfort</b>	Each Child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
<b>2.2</b>	<b>Safety</b>	<b>Each child is protected</b>
<b>2.2.1</b>	<b>Supervision</b>	At all times, reasonable precautions and adequate supervision to ensure children are protected from harm and hazard.

<b>Quality Area 3: Physical Environment</b>		
<b>3.1</b>	<b>Design</b>	The design of the facilities is appropriate for the operation of the Service.
<b>3.1.2</b>	<b>Upkeep</b>	Premises, furniture and equipment are safe, clean and well maintained

### EDUCATION AND CARE SERVICES NATIONAL REGULATIONS AND NATIONAL LAW

<b>Education and Care Services National Regulations and National law NSW</b>		
<b>Reg</b>	<b>81</b>	Sleep and Rest
<b>Reg</b>	<b>103</b>	Premises, furniture and equipment to be safe, clean and in good repair
<b>Reg</b>	<b>105</b>	Furniture, materials and equipment
<b>Reg</b>	<b>110</b>	Ventilation and natural light
<b>Reg</b>	<b>115</b>	Premises designed to facilitate supervision

## SOURCE

ACECQA. (n.d.). Safe sleep and rest practices: <a href="https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices">https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices</a>
Australian Children's Education & Care Quality Authority. (2014).
Australian Competition and Consumer Commission (ACCC). (2013). Find out more: Keeping baby safe: <a href="https://www.accc.gov.au/system/files/639_Keeping%20Baby%20Safe_text_FA4-WEB%20ONLY.pdf">https://www.accc.gov.au/system/files/639_Keeping%20Baby%20Safe_text_FA4-WEB%20ONLY.pdf</a>
Early Childhood Australia Code of Ethics. (2016).
Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
Guide to the National Quality Standard. (2017).
My Time Our Place: Framework for School Age Care in Australia.
Revised National Quality Standard. (2018).
Standards Australia – <a href="http://www.standards.org.au">www.standards.org.au</a>
The NSW Work Health and Safety Act 2011
The NSW Work Health and Safety Regulation 2011

**SERVICE POLICIES/ DOCUMENTATION**

<b>Policies</b>	
Relationships with Children	Communication with Families
Respect for Children	Staff Communication