

Coota Gulla Preschool Procedures



Sleep and Rest for Children

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated Departmental policies, procedures or guidelines
2.1	81	▪ Preschool sleep and rest guidelines
Next Review Date:	23/10/23	

During the initial Preschool Enrolment Interview parents/carers are asked about their child's sleep and rest needs. Parents are also informed daily, at pickup, whether their child has had a rest/sleep.

There is a quiet area, away from the activities area, where mats are located for each child with their own linen. As this area is open, it is in full view of the majority of the indoor space and ventilation is not an issue. At the moment only 4-5 mats are out as not many children opt to sleep. All clean sheets are kept in a box. Used sheets are kept in a snaplock bag labelled with the child's name for the duration of that week's attendance. These bags are also kept in the box. All used sheets are laundered weekly.

Children remove loose clothing, such as jumpers, jackets, before sleep. Close supervision is maintained to monitor changes in breathing and ensure that the child's face does not become covered.

While there is a designated rest period, children can choose to sleep at other times of the day if they are tired.

Any child who does not want to sleep during rest time they can participate in alternate, quiet activities, for example completing a puzzle, looking at a book, listening to a story.

Other activities, such as yoga, are held during the day for relaxation and children can opt in or out of this as well.

If a child is constantly tired and sleeps for longer periods of time the teacher will discuss this with the parent.

The mats are stacked in the quiet area with the child's linen which is labelled with their name. At the end of the children's attendance for the week the linens are washed and the mats wiped down for the next group.

In the outside area, near the sandpit, there are chairs, large pillows and books under shelter for any children wanting quiet time when outdoors.