



# Rest and Recovery

## POLICY STATEMENT

In accordance with the Education and Care Services National Law and Regulations, the Centre will ensure that the needs for rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children (Regulation 81).

## PROCEDURE

The Abbotsford Community Centre Rest and Relaxation Policy is based on current recommended evidence-based practices detailed on the ACECQA website. The Centre has a duty of care to ensure that all children are provided with a high level of safety when resting while in care. In meeting the Centre's duty of care, it is a requirement that management and educators implement and adhere to the Rest and Relaxation Policy.

## SAFE REST AND RELAXATION PRACTICES

### Children of all ages

- A quiet place will be designated for rest , away from interactive groups. If designated for rest, the space will allow for a calm play experience.
- Children's rest environments are free from cigarette or tobacco smoke.
- Rest and relaxation environments and equipment will be safe and free from hazards.
- Supervision planning and the placement of educators across the centre will ensure educators are able to adequately supervise resting children.
- Educators will monitor resting children at regular intervals and supervise the rest environment. The age of the child, medical conditions, individual needs and history of health and/or sleep issues will be considered.
- ACC welcomes families to discuss their child's individual needs so the service is aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest, specific to their child.
- If a family's beliefs and practices conflict with the evidence-based practice recommendations, then ACC will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner.



## REST FOR SCHOOL AGED CHILDREN

- Quiet, solitary play experiences are available for those school age children who request the need for a rest or time away from their peers.
- If a 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.
- Light bedding is the preferred option if requested by the child.
- Educators will show awareness of children's comfort and avoiding overcrowding when children are in need of rest or sleep.
- Our service will provide a range of both active and restful experiences throughout the program and support children's preferences for participation.

## SAFE RESTING PRACTICES FOR A CHILD WHO IS UNWELL

- A child who is unwell will:
  - Be encouraged to rest or lie down in a quiet, comfortable and safe place.
  - Be allowed to find their own sleeping position.
  - Rest with their face uncovered.
- Children who are unwell (and waiting collection from a parent /guardian) will be given the highest supervision priority and monitored constantly especially if the child has a high temperature, vomited or received minor trauma to their head.
- Parents will be contacted immediately to make arrangements to collect the child as soon as possible
- Refer to the service's Incident, Illness, Injury and Trauma policy for additional information.

## THE REST/SLEEP ENVIRONMENT AND EQUIPMENT

- ACC will ensure a rest or sleep space is available or can be made available to children at all times. This will usually be in the designated 'Quiet Room'.
- The area and equipment will be checked regularly as part of the service's safety check and hazard identification practices. If hazards are identified, the Centre's policies and procedures for the maintenance of a child safe environment will be followed.



- Hygiene standards will be maintained when children use the rest/sleep area and equipment such as regularly washing pillow cases and blankets, particularly when a child is unwell.
- There may be occasions where children with additional needs will need to sleep or rest in their wheelchairs or other equipment such as a modified stroller. It is important that children are not left alone whilst sleeping in these and that the restraints are sufficiently fastened.
- The educators will ensure the room temperature, airflow, noise and lighting is conducive to sleep and rest when necessary.
- Children’s clothing items should be checked prior to them sleeping to ensure it doesn’t present any hazards to them whilst asleep.

## ENDORSEMENT BY THE SERVICE

Approval Date: Jan 2022\_\_\_\_\_

Date for Review: Jan 2023\_\_\_\_\_