

Farrer Primary School Preschool Unit

Sleep and rest procedure

Regulation 84A Sleep and rest

Farrer Preschool Unit, under regulation 84A, believe sleep and rest are important for growth, recuperation, development and wellbeing.

Farrer Preschool Unit staff have read the [ACT Public Preschools sleep and rest procedures](#) and have considered these in contributing to this procedures document.

At Farrer Preschool Unit staff make considered choices about the preschool program. This includes:

- Planning the preschool day around the needs of children in the group.
- Providing opportunities across the day where children play individually, in small groups and as a whole group both inside and outside.
- Planning for time indoors and outdoors.
- Planning for times of adult led experiences and child led experiences.
- Ensuring children have opportunities to engage in rest and sleep, taking into account children's age, needs and stage of development.
- Providing comfortable quiet spaces within the Preschool environment to support children to have opportunities for quiet play, rest or relaxation.
- Reviewing the risk assessment and procedures in place for sleep and rest.

When working to meet children's needs and in working with families, Farrer Preschool Unit staff:

- Consult with families about their child's individual needs.
- Communicate the need for children to be dressed appropriately for sleep if this is required.
- Have conversations as a staff and with families about children's needs and if sleep schedules are needed, take into consideration, cultural preferences.
- Communicate with families if / when a child does sleep while at preschool.

At Farrer Preschool Unit, rest and sleep are provided for through:

- Facilitating a positive and relaxed transition to rest time when sleep or rest are part of the daily program.
- Considering children's comfort when there is a need for sleep. This could include using personalised pillows / blankets and considering the laundering of these items.
- Offering quiet experiences during sleep or rest periods. These could include reading books, yoga, audio books and table activities.

At Farrer Preschool Unit, safety aspects of rest and sleep are considered through:

- A risk assessment based on our Preschool setting.
- Educators frequently checking the safety, health and wellbeing of children during periods of sleep and rest in line with this risk assessment.
- Reviewing and updating the rest and sleep procedure at least yearly and as needed to ensure they are maintained in line with current Regulations, best practice principles and guidelines.

This procedure is based on current Regulations, research and recommended evidence-based principles and guidelines.

Related policies/procedures:

- [Sleep and rest regulation](#)
- [ACT Public Preschools sleep and rest procedures](#)
- [ACECQA Sleep and rest for children policy guidelines](#)
- Red Nose: [Safe sleep and rest physical checks](#)