



**ACT**  
Government

Education

# ACT Public Preschool – Sleep and Rest Procedure

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## 1. Overview

- 1.1. This procedure outlines strategies for supporting the implementation of sleep/rest practices for children of preschool age.

## 2. Rationale

- 2.1. Sleep and rest are important for physical recuperation and growth, maintaining one's immune system and brain development.

## 3. Procedures

- 3.1. All educators are responsible for ensuring all children are provided with opportunities to engage in periods of sleep or rest.
- 3.2. All educators will communicate with parents and guardians to identify and facilitate each child's individual requirements for sleep/rest during the day.
- 3.3. Discussions between educators, parents or guardians will inform settling techniques and sleep/rest schedules should these be required.
- 3.4. The provision of comfortable quiet spaces within preschool learning environments will be established to support periods of quiet play, rest or relaxation.
- 3.5. Families will ensure that children are dressed appropriately for sleep, rest or play.
- 3.6. Educators will consider the comfort of children when there is a need for sleep. This may involve the use of individual pillows or blankets. Considerations for laundering these items must be made.
- 3.7. When children do sleep, educators must monitor the sleeping child routinely to ensure a safe sleeping environment.
- 3.8. When sleep or rest is part of the daily routine, a positive and relaxed transition to rest time will be offered.
- 3.9. A choice of quiet experiences may be offered during routine sleep or rest periods. This may include quiet activities including yoga, guided meditation, table activities, reading picture books.
- 3.10. If a child does sleep while attending preschool, information relating to the rest period will be communicated with parents and guardians.

## 4. Contact

- 4.1. The Director, School Improvement is responsible for this procedure.
- 4.2. For support contact The School Operations Branch on 6205 3313 or email [SchoolOperation@act.gov.au](mailto:SchoolOperation@act.gov.au)

## 5. Monitoring and review

- 5.1. The procedure owner will be responsible for monitoring the procedure through annual scans. A full review will occur as necessary, or within a three-year period.

## 6. Complaints

- 6.1. Any concerns about the application of this procedure or the procedure itself, should be raised with:
  - the school principal in the first instance;
  - the Directorate's Liaison Unit on (02) 6205 5429;
  - online at [http://www.det.act.gov.au/contact\\_us](http://www.det.act.gov.au/contact_us);
  - the Director of Early Childhood Policy and Regulation within *Children's Education and Care Assurance* within the Education Directorate via [complaintsCECA@act.gov.au](mailto:complaintsCECA@act.gov.au) ;
  - see also the *Complaints Policy* on the Directorate's website.

## 7. References

- 7.1. Education and Care Services National Regulations
- 7.2. Health Direct website <https://www.healthdirect.gov.au/sudden-infant-death-syndrome-sids> \
- 7.3. Safe Sleeping Practices website <https://rednose.com.au/section/safe-sleeping>