

## 2(e) Health and Safety - Sleep and Rest

### Purpose

In OSHC, wellbeing and comfort is to be provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

### Scope

NQF Quality Area 2	Children's Health and Safety
Standard 2.1 Health	Element 2.1.1 Well-being and Comfort

### Guidelines

Many children lead busy lives, and there are times when they are at OSHC that they may need an opportunity to sleep and or rest.

Issues that can influence a school-aged child's requirement for sleep or rest include:

- the child's age;
- transition to school;
- activities undertaken during the school day;
- disrupting factors impacting from home, e.g. unstable housing;
- family conflict;
- returning from overseas travel; or the
- child's general health and well-being.

On an ongoing basis, planned activities will include options for quiet, calm and solitary play. This may be when children request time alone, or they need to spend time away from their peers. Examples of ongoing activities include listening to music, reading a book or watching a movie.

While sleeping is not an actively promoted activity, bean bags are available if required.

### Roles and responsibilities

All educators will:

- Monitor children's well-being and respond to children when they are tired or in need of rest, comfort or assistance.
- Aim to provide maximum comfort for children by ensuring:
  - there is adequate supervision and ratios;
  - the room temperature is monitored;
  - OSHC is a comfortable, relaxing environment; or
  - the need for sleep is related to a child being unwell, families will be contacted to collect the child.

### Monitor, report and review

Author	OSHC Director Lauren Ryder	June 2012
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