

SLEEP, REST AND RELAXATION



This policy aims to:

Ensure the needs and rights of participants are met at all times. Everyone has the right to comfort.

Definitions:

Rest: A period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

Relaxation: Relaxation or other activity for bringing about a feeling of calm in your body and mind.

SIDS: The sudden and unexpected death of an infant under one year of age with an onset of a fatal episode occurring during sleep, that remains unexplained after a thorough investigation, including performance of a complete autopsy and review of the circumstances of death and the clinical history.

OSHC@IOE will ensure that:

- There is an adequate space for participants to retreat to when feeling overwhelmed or tired;
- A 'quiet space or chill out zone' is planned for each week. There must be adequate bean bags, pillows and blankets to cater for all;
- If a family wishes their child/young person to sleep, they must provide the bedding for this. This must be taken home at the end of the session;
- Staff respond to participants' needs. If tired signs are evident, staff must offer the participant some time in the quiet space; and
- If participants request a sleep, not at-risk SIDS guidelines will be followed:
 - Faces will remain uncovered
 - Staff will supervise the sleep
 - An environment is set including relaxing music
 - The environment is free from hazards
 - The sleep environment but be in clear site of staff

It is a requirement of OSHC@IOE to ensure needs are met. The staff must be tending to participants who require some quiet time or rest.

Families will ensure:

- They are aware that if a participant is showing significant signs that a rest is needed, OSHC IOE will offer them some quiet time;
- OSHC@IOE staff must not forcefully keep a participant awake; and
- If it is required that their child/young person needs a sleep during a session, the family will provide adequate resources for this

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References:

Education and Care Services National Regulations 2011: 81

National Quality Standards: 2.1.1