



Sleep and rest procedures

Purpose

Maribyrnong Preschool ensures that all children have the opportunity for sleep or rest during the day if they require it. Sleep and rest are important for physical recuperation and growth, the immune system and brain development.

Procedure

- Educators will learn from families how to identify individual children's tired signs. This will be discussed at the initial interview at the commencement of preschool and throughout the year as required.
- Families will discuss with educators settling techniques and schedules used with their child. Wherever possible these will be followed at the preschool.
- Children will be provided with a safe and comfortable place to sleep/rest at any time throughout the day as required.
- Educators will model to children how to respect that some of their peers may need to sleep.
- Children will be dressed comfortably for their rest. Cultural and personal preference will be taken into account.
- A special basket with pillows and a blanket will be used to support children to rest when needed. These items will be laundered after each individual use.
- A positive and relaxed transition to rest time will be offered. This could include yoga or guided meditation experiences.
- The time in which a child rests or sleeps will relate to his/ her individual needs and the requests of families where practicable.
- Children who do not require a sleep will be provided with a space to rest for a short time. They may be provided with books or other quiet material. After a short time of personal space the children may be moved to quiet activities such as table activities, story reading, or writing activities.