Policy 2.22

Sleep / Rest Time

The Two Wells Community Children’s Centre recognises that when children are busy and active, they need quiet time that gives them the opportunity to sleep if required.

For the younger children, cots which meet the Australian Safety Standards are provided, to enable the child to sleep comfortably and securely. Children are clothed appropriately for comfortable rest.

The Centre will use a sound monitor for the babies sleep room, and children are checked visually at regular intervals to ensure their well-being. This minimizes distress from being left alone for too long after waking and to ensure that other children in the room receive adequate rest. Adequate lighting in the sleep room ensures visibility for all children during sleep time.

Children who do not sleep will still participate in the Centre’s rest and relaxation time which is programmed daily. Our Staff will consult with parents in regard to their wishes, the normal sleep patterns of their child, and whether comfort items such as teddy bears, bottles or dummies are required.

Our Staff endeavour to follow the same routines in settling children for sleep that they have in their own home environment.

They understand that some parents like to limit their child’s sleep times, due to them not settling early at night. Therefore our staff will gently wake a child from their sleep, at the time requested by the parent, by softly touching them and saying “time to wake up”. Parents will need to write a letter requesting to wake their child after a specific time. Staff will also pack away the quiet activities, and exchange them for programmed experiences which will change the dynamics and noise level of the room.

| Governing Council Member's Signature: | ________________________________ |
| Director’s Signature: | ________________________________ |

Two Wells Community Children’s Centre’s Common Seal

Date Reviewed: 23rd March 2012
Next Review Due: March 2014
Sources:
- Parenting SA
- SIDS and Kids Council
- National Quality Standard