Introduction

Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

Goals – What are we going to do?

Kemblawarra Public School Preschool staff:-

- Will provide a quiet and restful environment for rest and relaxation periods for children.
- Will recognise the differences between each child and family’s preferences in relation to routines for rest, and the request for sleep. These needs will be met provided they are within the service’s requirements.
- Respect the need for rest, relaxation and sleep requirements to be aligned with each child’s social and cultural background and personal preferences.
- Will work with children to help them learn about their need for rest and comfort. Children will be encouraged to communicate their needs where possible.
- Will provide children with appropriate and quiet play activities.
- Will at no time cover with bed linen if they are sleeping a pre-schooler’s face.
- Will offer quiet experiences to pre-schoolers who do not rest.
- Calm relaxing music will be played during this time.
Evaluation

The *Early Years Learning Framework* (EYLF) includes a focus on social, emotional, spiritual and physical wellbeing and health.

Development Outcome 3 in the EYLF refers to a child’s ability to take increasing responsibility for their own wellbeing. One of the indicators for this capacity is that children “recognise and communicate their bodily needs (for example thirst, hunger, rest, comfort, physical activity).”

*The EYLF suggests that to promote this, educators should:*

* consider the pace of the day within the context of the community

* provide a range of active and restful experiences throughout the day, and support children to make appropriate decisions regarding participation.

*National Quality Standard, Quality Area 2: Children’s Health and Safety*

− Standard 2.1: Each child’s health needs are supported
− Element 2.1.2: Each child’s comfort is provided for and there are appropriate opportunities to meet each child’s needs for sleep, rest and relaxation