



## Safe sleeping and resting Policy

At Willsden childhood Service centre we recognise the benefit recognise the benefit of relaxation time and understand that from time to time children will fall asleep while at kindergarten. Educators will ensure all children's need for rest and sleep will be supported in a safe manner.

When providing a rest environment for children, educators will ensure:

- The area is free from hazards
- Pillows are clean and washed regularly
- Children are positioned away from each other so they have enough room for comfort and rest
- Children will be monitored and supervised at all times
- Information about relaxation times and their child's need for sleep is shared with families

If children fall asleep at kindergarten, educators will ensure:

- That the child is placed on their back in a comfortable position with their faces and head free of toys, bedding or other hazards
- Children will be placed on the floor to sleep unless discussed and agreed with families that a portable mat may be used. Mats will be placed on the floor.
- Children will be placed in a safe, quiet area, away from walls and furniture and free from hazards such as toys and choking hazards
- Children will be monitored and supervised at all times.
- Records of the sleep time will be kept and shared with families

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**Approved by Governing Council:**

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**Governing Council Chairperson**

**Date:** \_\_\_\_\_

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**Preschool Director**

**Date:** \_\_\_\_\_