



# MSS & WAABINY OSHC CHILDREN'S COMFORT, REST AND RELAXATION POLICY



## PURPOSE

Educators will consult with families in regard to their child's clothing needs for play experiences both indoors and outdoors, and will ensure each child's individual needs are met. Educators will consider children's comfort and safety at all times. In the Casa dei Bambini (pre-school) environment, educators will assist where necessary with each child in adjusting their clothing throughout the day (Practical Life, Care of Self). School age children will be reminded to adjust their own clothing as necessary.

Educators will consult with families at all times in regard to their child's sleeping patterns and will develop procedures to ensure each child's individual needs are met. Sleep procedures and sleep equipment will take into account current health and safety advice from recognized health and safety authorities. There will be a comfortable area in each environment that promotes rest and relaxation for children at all times.

## SCOPE

All people involved in ensuring children's health, comfort, rest and relaxation at Montessori Stepping Stones (MSS) – as well as children, families, educators and staff who assist in the continuous improvement and implementation of relating quality practices.

## DESCRIPTION/GENERAL

MSS understands it has a duty of care to ensure that children are provided with a nurturing environment that provides for children's needs for comfort, rest and relaxation. Children's health and wellbeing is fundamental to their development. Children need to be supported to feel a sense of belonging and comfort within the education and care environment. Experiences that promote awareness of care and safety for themselves and others will assist children to become competent and independent and develop valuable life skills.

## LEGISLATION AND GOVERNMENT REQUIREMENTS

Laws relating to protection of privacy and confidentiality; duty of confidentiality arising from contract with parent; to whom and when information must be disclosed;

- Occupational Safety and Health Act 1984
- Occupational Safety and Health Regulations 1996
- Education and Care Services National Law (WA) Act 2012
- Education and Care Services National Regulations

## DEFINITIONS/PRINCIPLES/STRATEGIES FOR POLICY IMPLEMENTATION

The Education and Care Services National Law (WA) Act 2012 requires that MSS, the Nominated Supervisor and Certified Supervisors take reasonable care to protect children's health and safety. The Red Nose (SIDS) Foundation provides guidelines for children's safety whilst sleeping, and relevant health authorities provide information on children's comfort and wellbeing.

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# MSS & WAABINY OSHC

## CHILDREN'S COMFORT, REST AND RELAXATION POLICY



### CHILDREN'S NEEDS

A safe and caring environment in which their needs for comfort, rest and relaxation are met. The ability to choose appropriate clothing for comfort and participation in activities and experiences.

### FAMILIES' NEEDS

Their child's health, wellbeing, comfort and safety is assured, and cultural needs recognised and addressed. Young children's routines for sleep and rest which are in place at home are carried through to routines at MSS whenever possible.

### EDUCATOR AND EMPLOYEE NEEDS

Children are to be dressed appropriately for play and activities. Families understand children's clothing needs and support policy implementation. A comfortable, safe sleep environment for children which meets each child's individual needs; information on latest research and best practices that reduce the risk of SIDS; strategies to monitor care during sleep and rest times.

### MANAGEMENT NEEDS

Employees to role model appropriate dress standards. Ensure employees have up to date information on best practice safety precautions for children's sleep, rest and comfort. Provide information sessions and printed material (in relevant languages to the service community) on reducing the risks and other pertinent topics relating to comfort, rest and relaxation.

### CLOTHING

Educators will discuss appropriate dress with children in relation to:

- current weather conditions and differing seasons
- indoor or outdoor play
- different activities

Children will be required to wear clothing that will provide protection from harmful UV rays in the warmer months. (Refer to Sun Protection Policy.)

Families and children will be consulted about individual clothing needs, preferences and cultural requirements, and will make every effort to address these issues within the service's requirements for children's health and safety.

Children will be encouraged to communicate their needs for comfort and assistance, and develop independence and competence in their own personal hygiene, care and safety (Practical Life).

Educators will ensure that young children and babies are appropriately dressed for their age, mobility, experiences and activities at MSS.

Sleeping babies will wear clothes to keep them comfortably warm, but not hot and educators will ensure sleeping babies heads and faces are uncovered to prevent the baby from overheating, in line with SIDS recommendations.

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# MSS & WAABINY OSHC

## CHILDREN'S COMFORT, REST AND RELAXATION POLICY



Educators will encourage children's independence in dressing and undressing and allow sufficient time for children to practice and master these skills within the daily routines of the service.

MSS will discuss with families that they need to provide sufficient spare clothing to ensure children are kept comfortable and dry at all times.

Soiled/wet clothing will not be rinsed or washed at the service as this can spread germs. Soiled clothing will be placed in a plastic bag, tied firmly to prevent leakage, placed in a bucket with the room's name on it. Families will be informed when they arrive to collect their child's soiled clothes from the designated area.

Where children have special support needs or are pre-school age, families are required to provide at least one change of clothing for their child in the child's bag. Children in nappies or toilet learning should be provided with more than one change of clothing.

Families are asked to label each piece of their child's clothing and shoes, to avoid loss or any mix-up in clothing.

MSS will provide protective clothing to be worn during messy activities.

### REST AND RELAXATION

Educators will provide an opportunity for children to sleep/rest or relax within our daily routines.

Educators will encourage children to sleep in order to meet their individual developmental needs.

Children will not be forced to sleep at any time. Quiet activities will be made available for children to experience whilst other children sleep.

Sleep/rest times will be regarded as a positive, pleasant experience within the rooms and educator will make every effort to provide a relaxing and comfortable sleep environment for all children.

Educators will ensure children are dressed appropriately and closely monitored (within hearing range and regularly observed) whilst sleeping.

Families will be informed that their child's bedding must be washed at least once a week or after soiling in line with our Health, Hygiene and Infection Control policy.

Comforters and/or security toys may be bought in for sleep/rest periods; however such items must not impact on the safety of children whilst sleeping.

Educators will ensure their knowledge and understanding of recommendations from the SIDS Foundation is current and applicable. Where possible staff will implement recommendations from the SIDS foundation within sleep/rest routines. Other factors such as age of the child, cultural needs and requests from families will be considered when tailoring individual sleeping.

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## RECOMMENDED BY SIDS

- Sleep baby on back
- Keep head & face uncovered
- Ensure cot meets Australian Standard AS2172
- No soft surfaces or bulky bedding

Sleeping equipment at MSS will adhere to Australian Standards and current health and safety advice from recognised authorities.

MSS will provide information for parents on current safe sleeping practices, and this will be available on the "Parent & Family Resources" website page.

School age children have access to comfortable spaces away from the main activity areas, where they may relax or undertake quiet activities either alone or with their friends.

Educators will be aware of children's needs for relaxation and will encourage children that are tired after a day at school or over excited after vigorous activity, to calm themselves by reading, listening quietly to music or quietly chatting with their friends.

Children will be consulted on the rules and routines that relate to the comfort of individuals and the group.

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