

4.20 Sleep and Rest Policy

Currumbin Kids Club promotes the welfare and comfort for children being educated and cared for at its service by providing opportunities for sleep and rest and with flexible arrangements around this provision. The age, developmental stage and the individual needs of each child will be highly regarded.



Relevant Laws and other Provisions

- Education and Care Services National Law Act 2010 and Regulations 2011
- Education and Care Services National Amendment Regulations 2017; 2023
- Duty of Care
- *National Quality Standard, Quality Area 2 – Children's health and safety*
- Policies: 2.1 – Respect for Children, 2.6 – Behaviour Support and Management, 2.22 – Children's Participation and Decisions Making, 3.1 – Educational Program Planning, 4.1 – General Health and Safety, 4.4 – Preventative Health and Wellbeing, 9.2 – Enrolment.



Procedures

Opportunities for sleep, rest and relaxation will be provided following consultation with children and families and with consideration given to the child and family's sociocultural background, routines in place at home and personal preferences.

As part of the educational program, restful activities and downtime experiences will be offered throughout the session/day with children being supported by the coordinator and educators to make appropriate decisions regarding participation.

Physical spaces are thoughtfully configured and made available that provide children with downtime, restful and quiet experiences to access away from main activity areas.

Groupings of children are configured to minimise the risk of overcrowding and promote calming experiences and positive interactions.

Educators will be observant of children's needs supporting them to communicate their need for comfort, sleep and rest.

Flexibility will be demonstrated in the program with opportunities for children to engage in sleep, quiet and/or downtime experiences as needed.

References

ACECQA 2019. Sleep and Rest for Children Policy Guidelines. Retrieved 18/09/2025.
https://www.acecqa.gov.au/sites/default/files/2024-08/PolicyGuidelines_SleepRestForChildren_August2024.pdf

The Sector, Early Education News (14/06/2024). Sleep and Rest in OSHC settings – are you across the October 2023 changes? Retrieved 18/09/2025. <https://thesector.com.au/2024/06/14/sleep-and-rest-in-oshc-settings-are-you-across-the-october-2023-changes/>

DATE DEVELOPED	DATE RATIFIED	DATE REVIEWED	DATE RATIFIED
August 2018	August 2018	October 2021	October 2021
		April 2023	June 2023
		September 2025	November 2025