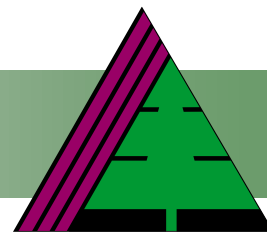




Government
of South Australia
Department for Education
and Child Development

The Pines Pre-School



Sleep and Rest Procedure

- If a child falls asleep on the floor, the other children will be asked to do quiet activities around the sleeping child, or to play in another area.
- If the child is a light sleeper they can stay where they are to sleep.
- The child can be moved to a mattress if need be.
- A child may lie down on a mattress if they would like to have a sleep.
- Educators should have a clear view of the sleeping child, and make sure there are no hazards around the child.
- The educator rostered on inside will be responsible for checking the sleeping child/child laying on a mattress.
- The responsible educator should keep the sleeping child within sight and hearing distance.
- The responsible educator will check the sleeping child every 10 minutes and record each check in the 'Sleeping Log'.
- The responsible educator will check the child's breathing and colour of their skin/lips at each 10 minute check.