

REST POLICY

Over the Rainbow Early Learning Centre Ltd will facilitate each child's individual need for rest during a session.

Principle

This policy is underwritten by the Child Care Act 1991 (Early Years Services) Regulations 2016.

Rest facility and equipment

We have a quiet library section with a relaxing atmosphere for resting children. Children can browse a book, look at family photos which are displayed on the wall in that area or chat with friends. A preschool leader will sit near resting children and give them one to one support if we feel that is what is needed. 'The I don't feel very well bag' contains a blanket, pillow and soft teddy to comfort those children who need it.

Safe resting practices

- Children can rest at time when they feel tired.
- If a child requests a rest, they can move to the library section to be inactive and calm, away from the main group of children.
- The rest area may also be a cushion, mat or seat in a quiet section of the care environment.
- Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.
- Safe resting practices are relevant to children because, if they are resting or sleeping, they should be monitored at regular intervals and a child's face should be uncovered when they are sleeping.
- Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has: a high temperature, vomited or received minor trauma to their head.

This policy was adopted by **Over the Rainbow Early Learning Centre Ltd** on:

Date: _____

Manager

co-Manager

Review Date: _____

Further information on safe sleep practices may be found at:

National Sudden Infant Death Register:

George's Hall

The Childrens' University Hospital

Temple Street, Dublin 1

Tel 01 878 8455

Helpline 1850 391 391

www.sidsireland.ie

First Light

Carmichael House, 4 North Brunswick Street, Dublin 7, Ireland.

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