

# Rest Time Policy

## Commitment to Children's Rights

The United Nations Convention on the Rights of the Child states that all children have the right to relax and play. Our Out of School Hours Care (OSHC) Service recognises that school-aged children have had a busy and active day before arriving at care, and therefore we are committed to providing an environment where they can rest, relax, and recharge. Rest may take many forms, including sleep, quiet reflection, or participation in calm activities, and we respect that each child's needs are unique.

## Purpose

The purpose of this policy is to ensure that all children attending our Service have appropriate opportunities to rest and relax in ways that support their wellbeing. We aim to respect the rights of every child by catering for individual needs while also upholding our duty of care. This means providing a safe environment where children can rest without risk of harm or hazard and where they feel comfortable, supported, and respected.

## Scope

This policy applies to all children, families, educators, staff, management, and visitors of the Service. It ensures a consistent approach in supporting children's health, wellbeing, and comfort.

## Understanding Rest in OSHC

At our OSHC Service, rest is understood as a period of calmness, solitude, or inactivity, and may also include sleep. Considering the busy and energetic nature of the school day, children are given the opportunity to participate in rest or quiet activities if they choose to. These moments of relaxation allow children to regain energy and feel balanced so they can enjoy the remainder of their time in care.

## Consultation with Families

We value the role of families as the primary influence in their child's life and recognise that beliefs about rest and sleep may differ according to culture, parenting approaches, or individual family routines. Our Service will consult with families about their child's specific needs, respecting their values and preferences. Through open communication, we aim to work in partnership with families to ensure that rest and relaxation practices align with the wellbeing of each child.

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## Roles and Responsibilities

The Approved Provider and Nominated Supervisor will take all reasonable steps to ensure that children's individual needs for rest are recognised and supported. Educators will provide opportunities for children to rest according to their age, developmental stage, and personal preference. Rest will always occur in a safe environment where adequate supervision is maintained. Children will never be forced to sleep or rest but will be offered calm alternatives, such as reading, drawing, or quiet play, so their comfort is prioritised.

## Alignment with the National Quality Standard

This policy supports Quality Area 2: Children's Health and Safety, specifically Standard 2.1 (Element 2.1.1) of the National Quality Standard 2025, which states that each child's comfort must be provided for and that appropriate opportunities must be available to meet every child's sleep, rest, and relaxation needs. By embedding this practice, our Service ensures that children feel respected, valued, and supported as individuals.

## Child Safe Standards and Paramountcy Principle

The Service is committed to upholding the National Principles for Child Safe Organisations and embedding a strong child safe culture across all practices. In accordance with the Paramountcy Principle, the safety, wellbeing and best interests of the child are the primary and overriding consideration in all decisions, actions and practices undertaken by the Service, including the provision of rest, relaxation and quiet experiences.

This means that all rest and relaxation practices must prioritise the safety, comfort and wellbeing of children above all other considerations. Educators, staff and management are required to exercise professional judgement and take all reasonable steps to ensure that rest environments are safe, appropriately supervised and responsive to each child's individual needs and preferences. The Service will ensure that children are provided with opportunities to rest and relax in a calm, respectful and supportive environment. Educators will remain vigilant in maintaining supervision, ensuring that children are not placed at risk during rest periods, and supporting children's physical and emotional wellbeing. Children will not be forced to rest, and alternative quiet activities will be provided to ensure their comfort and dignity are respected at all times.

All practices relating to rest and relaxation must prioritise the protection of children from harm, uphold their dignity and wellbeing, and ensure that every child feels safe, supported and respected within the Service environment.



Review

| Date:      | Changes:                                                                                            | Reviewed by:     |
|------------|-----------------------------------------------------------------------------------------------------|------------------|
| 02/06/2023 | New policy (All updated)                                                                            | Charmayne Nathan |
| 07/08/2024 | No changes - reviewed                                                                               | Charmayne Nathan |
| 18/09/2025 | Policy was updated, information was condensed.                                                      | Charmayne Nathan |
| 29/04/2026 | Child Safe Standards & Paramountcy Principle was implemented in align with new laws and regulations | Charmayne Nathan |