



# Sleep and Rest Educators

## NQS 2.1.1 Wellbeing and Comfort

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

**E = Embedded** I do that **ALL** the time

**K = I know** I need to do that, but I don't do it all the time

**T = Please teach** me how to do it or improve my understanding of why I need to do it.

Educator Practices	ED1	ED2	ED3	ED4	ED5
Do you supervise children at all times?					
Do you encourage families to tell them if their child needs more rest than usual eg child was coughing all night?					
Do you regularly provide feedback to parents about children's sleep/rest patterns?					
Do educators give parents information about things they can do to improve the way their children (of all ages) sleep at night?					
Do educators advise families if their child appears to be more tired than normal, and then discuss the possible reasons why eg new sibling, family member ill etc?					
Do you behave in a calm, professional manner in both rest and non-rest areas to maintain a positive emotional climate throughout the service?					
Do educators take steps to ensure there is no risk of cross infection from bedding?					
Do educators ensure sleep and rest routines are positive experiences for children (eg familiar bedding, soft music)?					
Do educators ensure sleep/rest routines are flexible enough to meet the needs of individual children (eg children are never forced to sleep and can rest or relax when they choose)?					
Do educators plan for the different rest and relaxation needs of different age children?					
Do educators respect children's choices to rest or relax rather than taking part in group activities?					
Do educators implement quiet but meaningful activities for children who do not sleep or rest?					
Do educators ensure no child over seven sleeps in the same room as a child of the opposite sex (best practice child protection)?					
Do educators ensure no child sleeps in the same room as an adult (best practice child protection)?					



## Actions required