

## Rest, Relaxation and Clothing Policy

- We will have a quiet and calm environment for rest and relaxation that enables educators to see, hear and closely monitor children at all times
- Educators will respond to the individual rest needs of each child, consider the activities children have participated in at school and engage with children about the benefits of rest and relaxation
- Educators will involve children in making rules and routines that promote their comfort and wellbeing
- Educators will respect and help maintain children’s privacy during toileting, dressing/undressing etc
- Educators will negotiate rest requirements with children, and communicate with families about their child’s rest routines where appropriate
- Children must be dressed in clothing that is suitable for the weather, can get dirty and allows free movement.

Do you have any feedback or comments about this policy? Please include below.

Educator’s Name	Educator’s Signature