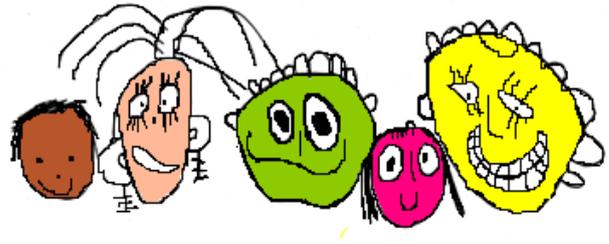


## Hamilton Community Pre-School

*"Where discoveries, learning and fun connect."*



### Information Sheets for Parents

# Sleep, Rest and Relaxation

Hamilton Community Preschool supports the development of healthy life-time sleep practices, educators will work with children and families to provide appropriate opportunities to meet each child's need for sleep, rest, and relaxation.

Sleep, alongside good nutrition and physical activity, is essential for young children's health, learning and development. However, as children grow up, their sleep needs change. Their sleep consolidates into one night-time period, and daytime naps become less frequent.

As with all areas of learning and development, there will be individual variation in children's need for sleep, rest, and relaxation. For example, while some 3-5 year olds may still need a regular daytime sleep, many others will not. Educators will monitor the children of signs of tiredness and will offer bedding if needed.

The sleep needs of a child may also vary from day to day (e.g. if a child did not have enough sleep the night before or if they are unwell). During the early childhood period children's sleep needs are rapidly changing. In addition, factors such as family lifestyle, the home environment, illness, and extra-curricular activities (e.g. sport, dance) can mean that children's sleep needs change on a daily basis.

Children, like adults, sleep, rest, and relax in a range of different ways. Some will like to rest and read; some may enjoy relaxation activities like guided meditation or yoga; some children may need to be more active to relax. For some children sleeping may be more difficult in a group based setting. Educators do program for quiet area and activities for children who need rest and relax.

Educators will consult with families about sleep and rest needs. Educators will be sensitive to each child's needs making sleep and rest times a positive experience. This will be recorded on the centre's sleep register, which can be located in the main room.

More information from the [Sleep Health Foundation](#) about sleep related topics.