



## Law & Regs

operated in a way that— (a) ensures the safety, health and wellbeing of the children being educated and cared for by the service

### **Law Section 51(1)(a) Conditions on service approval (safety, health and wellbeing of children)**

A service approval is granted subject to the condition that the education and care service is

**Regulation 81 Sleep and rest** - The approved provider and nominated supervisor ... must take reasonable steps to ensure that the needs for sleep and rest of children ... are met, having regard to the ages, development stages and individual needs of the children. **Penalty: \$1000.** Note. A compliance direction may be issued (to Approved Provider) for failure to comply with subregulation (1)

**Regulation 168(2)(a)(v) Education and care service must have policies and procedures in relation to sleep and rest for children.** Note. A compliance direction may be issued (to Approved Provider) for failure to comply

**Evidence to show compliance** – We have established clear policies and procedures for sleep and rest, considering children's ages and individual needs. We train and educate staff on these policies and their responsibilities. Implement age-appropriate routines and provide individualised care based on each child's requirements. Supervise and monitor sleep and rest activities, ensuring a safe environment. Maintain accurate records of sleep durations and observations. Continuously review and improve policies based on feedback from staff, parents, and guardians to ensure ongoing compliance.

There are **things** that you need to do with your service and educators.

- (1) Review the points from the Law and make yourself familiar with them. Conduct the compliance test with your educators to check their knowledge.



Video  
Training

- (2) To help your educators learn watch this online video explaining How to support children's wellbeing 2.1.1. Click below.

[https://vimeo.com/588808479/fade2b273a?s\\_hare=copy](https://vimeo.com/588808479/fade2b273a?s_hare=copy)

- (3) Add to your folder the daily planner so you can document and show the assessor how you are working with educators. Use documents provided in this section.
- (4) Guide your educators to ensure they are at the meeting level, use the examples in the educators' section and the checklist to help you know exactly what is required.
- (5) Explore the exceeding themes with the examples in the educators' section and your section for critical reflection and families and communities.
- (6) Work with your Nominated Supervisor and edit the QIP (SAT for NSW) template provided by Centre Support to ensure it is reflecting your service's practices.

### **Week 18, 10 to 14 June 2024 – 2.1.1 Wellbeing and comfort**

Copyright Centre Support Pty Ltd 2024 The service who has purchased this product is the only service that can use this document. No part of this document can be copied, distributed, passed on or given to a friend outside the service who has not purchased the Centre Support Product. If this occurs Centre Support will take legal action against you personally and the person who has received it.

# 2.1.1

## Wellbeing and comfort

Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.



Week 18  
10.6.2024

Section 8. Role of the Educational Leader (Educational Leader)  
Detailed guidelines for the Educational Leader.

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Amy asks if there's a Reg which says services must have a sleep and rest policy. Is there?		
Mr Jose asks you to explain Reg 81 Sleep and rest for children in plain English. Please respond.		
Miss Kerry asks what they're supposed to say to parents who don't want their child to sleep or rest at the centre. Please respond.		

### Week 18, 10 to 14 June 2024 – 2.1.1 Wellbeing and comfort

Copyright Centre Support Pty Ltd 2024 The service who has purchased this product is the only service that can use this document. No part of this document can be copied, distributed, passed on or given to a friend outside the service who has not purchased the Centre Support Product. If this occurs Centre Support will take legal action against you personally and the person who has received it.

# 2.1.1

## Wellbeing and comfort

Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.



Week 18  
10.6.2024

### Section 8. Role of the Educational Leader (Educational Leader)

Detailed guidelines for the Educational Leader.

### Educational Leader weekly sheet

Date	Educational Leader activity	With whom?	Comments	Follow up
Monday 10.6.24	Organise professional development on understanding sleep, rest, and relaxation	Educators	Help educators to collaborate with families to gather information about each child's sleep patterns, preferences.	Offer opportunities for educators to share their learnings and discuss how they can implement new strategies effectively.
Monday 10.6.24				
Tuesday 11.6.24				
Wednesday 12.6.24				
Thursday 13.6.24				
Friday 14.6.24				

General thoughts or ideas

### Week 18, 10 to 14 June 2024 – 2.1.1 Wellbeing and comfort

Copyright Centre Support Pty Ltd 2024 The service who has purchased this product is the only service that can use this document. No part of this document can be copied, distributed, passed on or given to a friend outside the service who has not purchased the Centre Support Product. If this occurs Centre Support will take legal action against you personally and the person who has received it.



## Compliance test for educators **ANSWERS** for this week.

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Amy asks if there's a Reg which says services must have a sleep and rest policy. Is there?	Yes. Reg 168(2)(v) says services must have policies and procedures in relation to sleep and rest.	
Mr Jose asks you to explain Reg 81 Sleep and rest for children in plain English. Please respond.	Children must be allowed and encouraged to sleep and rest when they're tired. Educators should be aware of normal sleep/rest needs of children at that age, and any ongoing or temporary sleep/rest needs a particular child may have eg due to illness, family situation etc.	
Miss Kerry asks what they're supposed to say to parents who don't want their child to sleep or rest at the centre. Please respond.	Educators may say the Law requires them to let the child sleep or rest when they're tired, and they can get into trouble if the child isn't allowed to - but they're happy to work with parents where possible eg wake child after certain period if sleep/rest time consistent with guidance for that age.	

### Week 18, 10 to 14 June 2024 – 2.1.1 Wellbeing and comfort

Copyright Centre Support Pty Ltd 2024 The service who has purchased this product is the only service that can use this document. No part of this document can be copied, distributed, passed on or given to a friend outside the service who has not purchased the Centre Support Product. If this occurs Centre Support will take legal action against you personally and the person who has received it.