



## Children's Health and Safety NQS2

# Rest and Relaxation

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## Policy Statement

At Liwara Catholic Outside School Hours Care (the Service), children are supported to take increasing responsibility for their own health and well-being. A range of active and restful experiences are provided and educators support children's preferences for participation in the program.

The environment is planned to provide child-initiated opportunities for rest and relaxation throughout the day. Children who choose to sleep are supported to do so. When children choose to sleep, best practice guidelines are applied in regard to safe sleeping practices.

## Rationale

The pastoral care and attention that children receive within our community should help them to realise that they exist for God to love (Bishop's Mandate, p.21). "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11: 28-30)

In caring for our children, the Service understands the importance of providing children with nurturing environments that support their comfort, rest and relaxation needs. Rest and relaxation are recognised as important factors for supporting growth, learning and well-being and in supporting children to regulate their emotions and behaviour.

## Procedures

Children's agency is supported by providing opportunities for children to make decisions about their own need for rest and relaxation.

- The environment is planned to provide spaces for rest and relaxation.
- The program is designed to provide a variety of active and restful experiences.



## References

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## Document History

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