

Kangaroos case example

Kangaroos is a kindergarten service catering for 24 children aged from 4-5 years. The service hours are from 9am to 2:30pm, with children attending a 5 day fortnight. The educator reports that none of the children in their room currently sleep and therefore they generally do not have a standard scheduled rest time. However, they note that their practice fluctuates depending on the time of year and the daily activities. On the day of observation the room has a 'quiet time' between 1:40-2:00pm. The children are asked if they would like a sleep. No children slept on the day of observation. The educator indicated that if a child requests a sleep, a bed is set up in the main indoor room/play area, lights are turned off, and other children are told to be quieter (e.g., encouraged to do quiet activities). Activities allowed by other children include completing puzzles, reading, and making art.

Total quiet time: 20 minutes

Questions for reflection

- How does this scenario map onto the NQS Quality Areas and Elements?
- How does this scenario align or not align with current research evidence on sleep for children aged 3 – 5 years?
- What questions does it raise?
- What could this service do to improve their current practice?