

Safe Sleep Policy

National Quality Standard

2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
5.1.2	The dignity and rights of every child are maintained.

National Regulations

81	Sleep and Rest
106	Laundry and Hygiene facilities

Aim

All children have individual sleep and rest requirements. Children need a comfortable and relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

The preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

While striving to have a collaborative partnership with families regarding children that are required to have a sleep or children who are NOT to have a sleep, the Staff of Medowie Gumnut Preschool also has a Duty of Care to every child who attends this service.

If a child demonstrates that they are tired they will be provided the opportunity to rest or sleep. **If the child does sleep, they will not be purposely woken until they have completed one full sleep cycle (approx 30 - 40 min). Following this they will be gently woken and comforted as necessary.**

Educators of Medowie Gumnut Preschool will work with families collaboratively in sharing the strategies that each finds most helpful for their children when sleeping or resting.

Who is affected by this Policy?

- * Management
- * Educators
- * Children
- * Families
- *

Implementation

The Approved Provider will:

- * Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.”
- * Ensure there are adequate numbers of bedding available to children that meet Australian Standards
- * Ensure that all areas for sleep and rest are well ventilated and have natural lighting

The Nominated Supervisor will:

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children. (Regulation 81).
- Maintain up to date knowledge regarding safe sleeping practices and communicate this information to educators and families.

Educators will:

- Consult with families about children’s sleep and rest needs. Educators will be sensitive to each child’s needs so that sleep and rest times are a positive experience.
- Ensure that the mattresses are clean and in good repair. Beds and mattresses will be wiped over with warm water and neutral detergent or vinegar between use.
- Arrange children’s mattresses to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxing music, reading stories, cultural reflection, turning off lights and making sure the children are comfortably clothed. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to the music or stories.
- Remember that by providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be able to listen to stories for the duration of rest time.
- Maintain adequate supervision and maintain educator ratios throughout the rest period.
- Assess each child’s circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child’s sleeping or rest times and the service policy regarding sleep and rest times.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment.

- **Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.**
- While respecting the preferences of the child's family in regards to them not wanting their child to sleep, Educators of Meadowie Gumnut Preschool have a duty of care to the child while they are in our care. If a child is exhibiting signs or cues for sleep (e.g. yawning, rubbing eyes, disengagement from activities, crying, decreased ability to regulate behaviour and seeking comfort from adults) we will offer them the chance to rest their bodies and sleep if they need to.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with the children encouraged to remove their shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.
- Participate in staff development about safe sleeping practices. Our education and care service will access the *SIDS and Kids resources* and provide information to families on safe sleeping practices.

For more information regarding this please refer to <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf>

Sources

- * Australian Human Rights Commission: <http://www.hreoc.gov.au>
- * The Australian Children's Education & Care Quality Authority: <http://www.acecqa.gov.au/>
- * Guide to the National Quality Standard ACECQA (2018)
- * Guide to the Education and Care Services National Law and the Education and Care Services National Regulation 2018
- * SIDS & Kid Safe Sleeping Kit – www.sidsandkids.org
- * The Children's Hospital at Westmead – Safety factsheet – <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf>
- * Australian Competition and Consumer Commission (ACCC) – www.accc.gov.au

Review

Last Reviewed: 19/5/2018

Date for Next Review: May 2019