



Sleep and rest for children Policy

Date adopted: 26/9/2017

Date last reviewed:
22/11/2021

Reviewed by:
Board of Management, staff and
families

Date of next review:
22/11/2023

Policy context:

This policy relates to:

National Quality Standards.	Quality Area 2 Children's Health and Safety Standard 2.1 (element 2.1.2)
Legislation/Act.	Education and Care Services National Regulations under the Education and Care Services National Law Division 2 - Policies and Procedures 168 Education and Care Services must have policies and procedures (2)(a)(v) sleep and rest for children Section 165 Offence to inadequately supervise children Section 167 Offence relating to protection of children from harm and hazards Regulation 81 Sleep and rest Regulation 82 Tobacco, drug and alcohol-free environment Regulation 87 Incident, injury, trauma and illness record Regulation 103 Premises, furniture and equipment to be safe, clean and in good repair Regulation 105 Furniture, materials and equipment Regulation 106 Laundry and hygiene facilities Regulation 107 Space requirements – indoor space Regulation 110 Ventilation and natural light Regulation 115 Premises designed to facilitate supervision Regulation 168 Education and care service must have policies and procedures Regulation 169 Additional policies and procedures – family day care Regulation 170 Policies and procedures to be followed Regulation 171 Policies and procedures to be kept available Regulation 172 Notification of change to policies or procedures

Documents related to this policy

Related policies	<ul style="list-style-type: none">• Code of Conduct• Supervision Policy• Providing a child safe environment Policy
Forms or other organisational documents	<ul style="list-style-type: none">• Daily sleep/rest Records
References	<ul style="list-style-type: none">• Health and Safety in Children's Centres: Model Policies & Practices 2003• http://www.acecqa.gov.au/Safe-sleep-and-rest-practices• https://rednose.com.au/section/safe-sleeping

Policy Review:

Policy review frequency: This policy will be reviewed in accordance with the Organisations Review Policy.

Responsibility for review: The Board of Management.

Where appropriate staff will be part of the review process.

Documentation and communication: Policy documentation to be held in Policy and Procedure manuals. Where appropriate copies of new or reviewed policies will be given to staff, volunteers and families.

Purpose

To ensure the safety, health and wellbeing of children attending our service and appropriate opportunities are provided to meet each child's needs for sleep, rest, and relaxation.

Rationale

- To meet Legislative and Accreditation requirements.
- To meet the needs of children.
- Have the mechanisms that facilitate partnership with families.

Procedure

- The service will consider the risk for each child with regard to sleep and rest factors including the child's age, medical conditions, individual needs and history of health and/or sleep issues.
- Variations with sleeping needs to be discussed with individual families e.g. children that fall asleep despite parent wishes will be called by name and gently woken. Children will not be forcibly woken as this is contrary to our Code of Conduct.
- Children must be supervised (sight and sound) at all times.
- Children can access beds or quiet area for rest /sleep at any time.
- Children are invited to bring comfort items to the Centre, which will be used during quiet time, e.g. Comfort rug, pacifiers, soft toy or doll, other culturally appropriate items, audio stories or books
- All items to be clearly labeled as responsibility for lost objects will not be taken.
- Discouraged items include pillows (see Head lice Policy) and action figures and other props which encourage aggressive behaviour or militaristic play.
- Items which pose a health risk or choking hazard (smaller than film canister size, including amber necklaces) will be removed by staff.
- Do not use or allow access to dangling cords, smoke or fumes, electric blankets, hot water bottles or heat packs.
- Children settled according to individualised routines such as patting, quiet stories.
- Children will be checked frequently at a minimum of 10 minute intervals to assess each child's breathing and the colour of their skin and recorded by staff.
- Non sleepers will be encouraged to respect the needs of others and be offered quiet alternative activities.
- Sleep patterns will be recorded on the display in the classroom.

- Centre resource library has articles of interest discussing sleep related issues.
- Families should discuss any concerns with educators as soon as possible; our aim is to work in partnership with families.
- Rest mats and stretchers are in accordance with Australian Safety guidelines (firm, clean and well fitting) and checked regularly e.g. W.H.&S audits
- Mattresses/stretchers are regularly cleaned and sun dried when exposed to bodily fluids/solids.