



Safe Sleep and Rest Time

Approved by board on: 20th September 2023
Scheduled review date: 20th September 2025

Introduction

All children have individual sleep and rest requirements. Children need a comfortable 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.

Goals

The education and care service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The education and care service will provide beds that comply with Australian Standards. The risk of Sudden Unexpected Death in Infancy (SUDI), including Sudden Infant Death Syndrome (SIDS), will be minimised by following practices and guidelines set out by health authorities.

Policy

“Approved providers, nominated supervisors and educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard”

Safe Bedding - Light bedding that meets Australian Standards is recommended. Hammocks, prams or strollers are not considered safe equipment to sleep in and cannot be considered a substitute for a bed.

Approved providers 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)
- Ensure there are adequate numbers of bedding available to children that meet Australian Standards.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that supervision windows will be kept clear to ensure safe supervision of sleeping children.

The Nominated Supervisor will:

- Ensure that children’s’ safety, health and well-being are upheld at all times.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Safe Sleep and Rest Time

- Support all educators to have the knowledge and skills to implement safe sleep and rest practices, develop secure attachments with children and provide sensitive and responsive care.
- Ensure there is a procedure for educators to record the time and observation of physical checks of children sleeping and resting.

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 beds/mattresses are clean and in good repair. Beds and mattresses will be wiped over with warm water and neutral detergent.
- Ensure that bed linen is clean and in good repair. Bed linen is for use by an individual child and will be washed before use by another child.
- Identify and remove potential hazards from sleep environments.
- Arrange children's beds and cots to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring 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 music or stories.
- Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- If a child does fall asleep move them to suitable bedding
- Provide a quiet learning environment to encourage children to rest their bodies and minds for 20-30 minutes.
- Maintain educator ratios throughout the rest period.
- Will take into consideration the risk for each individual child, such as considering the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- 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. Sleep and rest patterns will be recorded daily for families.
- Ensure children will sleep and rest with their face uncovered.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to

Safe Sleep and Rest Time

remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.