



# Banksia Park Kindergarten

## QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

### Sleep and Rest Procedure

Reviewed May 2022

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#### Rationale

At Banksia Park Kindergarten all staff have a duty of care to support all children's health and wellbeing. Encouraging children to rest and relax is part of that duty of care. Staff will ensure that children are provided with quiet activities and spaces to rest and relax, as well as a quiet area for any children who wish to sleep, without being disrupted.

This procedure outlines our responsibility in relation to safe sleep and rest procedures compliant with provisions related to children's sleep and rest under the *South Australian Education and Early Childhood Services (Registration and Standards) Act 2011*. This includes the *Education and Care Services National Law* and the *Education and Care Services National Regulations* (including the National Quality Standard NQS). Regulation 81 prescribes that services must take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

This intention of this procedure is to ensure educators;

- > are aware of, and comply with, current evidence-based safe sleep practices and safe sleep environments,
- > are aware of where to access resources to build their knowledge about recommended safe sleep practices, and
- > promote and model safe sleeping practices and environments to families with young children.

This procedure applies to all staff at this site and is to be read in conjunction with age-appropriate [Red Nose](#) and [Kidsafe SA](#) safe sleeping recommendations. We acknowledge the support of Kidsafe SA and Red Nose Australia in the development of this procedure.

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#### Procedure

Educators at Banksia Park Kindergarten will:

- > Ensure that relaxation/mindfulness is always a part of our routine, but also as needed throughout the day.
- > Ensure that there are quiet spaces available for rest as needed, through children having access to both the indoor and outdoor environments.
- > Ensure activities provided support both rest and active play.
- > Ensure children have access to a quiet area when they are feeling tired. All choking hazards are removed from the area.

If a child falls asleep during preschool time, the following procedure will take place:

- > If a child falls asleep on the floor, the other children will be asked to do quiet activities around the sleeping child, or to play in another area.
- > If the child is in a safe location, free from identified hazards, they can stay where they are to sleep. Hair clips, bracelets or any other choking hazards are to be removed.
- > The child can be moved to the designated quiet area (floor rug).
- > The inside educator will remain within sight and hearing distance of the sleeping child, and make sure there are no hazards around the child.
- > The inside educator will be responsible for checking on the sleeping child every 10 minutes, checking the child's breathing and colour of their skin/lips.

- > The educator will record and communicate with the family that the child has had a sleep, including the time they fell asleep and record the 10-minute interval checks.
- > Prams, pushers, bouncinettes, and rockers will not be used unsupervised or as a sleeping environment for children.

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## A Collaborative Partnership with Families

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The development of positive relationships and partnerships builds families confidence that their children are safe in care and enables educators to contribute to parents/caregivers understanding of how to create a safe sleeping environment.

Educators will ensure:

- > Families and caregivers are consulted during the orientation period about their child's rest and sleep needs, and their beliefs and practices – this will assist in individual children's circumstances and risk factors being assessed.
- > Families and caregivers are informed of the service's safe sleeping procedure and practices.
- > Families are aware of the need to inform the service about any changes in their child's medical or health status that may indicate a higher level of supervision is required.
- > The child's developmental needs in relation to sleep and rest are documented, considering the period of time the child is being educated and cared for (in accordance with regulation 74).
- > Families are provided with information about their child's sleep and rest patterns (in accordance with regulation 76) – any risks are identified, and referrals made are documented.
- > Safe sleeping practices are promoted and modelled and current information is available for families, taking into account an appropriate format for each family.
- > Referrals to appropriate health professionals and support services are facilitated for further information and support if required (e.g., Kidsafe SA, Child and Family Health Service or a medical practitioner).

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## Requests to Vary Sleep Practices

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Educators must ensure families are informed that our approach cannot deviate from current recommended safe sleeping practices. In circumstances where a family request a sleep practice that varies from the recommended practices due to medically indicated reasons, departmental health support planning policies and procedures are to be followed. A health care plan authorised by a medical practitioner that clearly outlines the safest sleep practices to be implemented for the child is required.

In all other situations where a parent requests a practice that differs from this procedure, educators are to discuss safe sleeping practices with the family and the requirement to comply with this procedure, acknowledging the family's values, beliefs and concerns.

In circumstances where it is considered that a family may not understand the risks associated with sleeping environments, educators should discuss referring the family to other services for further advice and support to provide a safe sleep environment.

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## Supporting Information

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- > [SIDS and Kids SA](#) phone 8332 1066 or Red Nose safe sleeping phone 1300 308 307
- > [Red Nose](#)
- > [Kidsafe SA](#) phone 8161 6318
- > [Child and Family Health Service](#)
- > [Education and Care Services National Law Act 2010](#)
- > [Education and Early Childhood Services \(Registration and Standards\) Act 2011](#)
- > [Education and Care Services National Regulations](#)

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## Approved and Checked

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*Governing Council Approval: May 2022*

*Preschool Director: Meg Green*

*Governing Council Chairperson: Jane Mangos*

*Next Review Date: 2025*