



# FLAXMILL PRESCHOOL

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

### Policy 11: Safe Sleep for Infants and Young Children

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#### **RATIONALE**

It is our responsibility to ensure each child's wellbeing and comfort is provided for which includes opportunities to meet each child's need for sleep, rest and relaxation. Children have different sleep, rest and relaxation needs and effective sleep and rest strategies are important factors in ensuring all children feel secure and safe at our service. This procedure is consistent with the requirements of the Education and Care Services National Law and Regulations (Regulation 81); Department for Education Safe Sleeping for Infants and Children Procedure –July 2017; Safe infant sleeping standards policy directive (SA Health); Red Nose and KidSafe SA safe sleeping recommendations.

#### **PURPOSE**

Flaxmill Preschool will actively promote and provide opportunities for children to sleep, rest and relax to support their wellbeing and comfort.

#### **PROCEDURE**

This will be achieved by:

- Providing quiet, cosy, calming spaces for children to sleep, rest and relax away from the larger group both inside and outside. These include the couch, cosy corner and cushions.
- Children are to sleep and rest with their faces uncovered.
- The sleep and rest areas and resources will be safe and regularly checked for hazards. This includes all equipment complying with Australian Standards.
- Supervision and the placement of educators across the service will ensure educators are able to adequately supervise sleeping and resting children.
- When a child falls asleep at the service the child's parent will be called to see if they are happy to allow their child to continue to rest and sleep. When children fall asleep it can often be a sign that children are unwell or exhausted.
- We will consult with families about their child's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.
- Educators will closely monitor sleeping and resting children within the preschool. This involves checking/inspecting sleeping children at regular intervals to assess a child's breathing. We will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

- This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleeping recommendations. We refer to the **Department for Education safe sleeping checklist for infants and young children** as a guide for reviewing our practices to maintain the highest level of safety and wellbeing of every child who attends our service.
- Families and caregivers are informed of the service's safe rest and sleep procedure and practices at enrolment via the preschool handbook
- Families are made 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.
- Our daily routine provides an opportunity for children to participate in relaxation (after lunch) which can include reading books, listening to stories and calming music, meditation, yoga and other calming exercises and experiences.

## SUPPORTIVE RESOURCES

Publication Date	June 2022	Review Date	June 2023
Related Policies, Procedures, Guidelines, Standards, Frameworks	<p>National Quality Standard 2.1 National Quality Standard 2.3 Related standards: 3.1, 6.1, 6.2, 6.3</p> <p>Education and Care Services National Law Act 2010 <a href="https://www.acecqa.gov.au/nqf/national-law-regulations/national-law">https://www.acecqa.gov.au/nqf/national-law-regulations/national-law</a></p> <p>Education and Care Services National Regulations Regulation 81: Sleep and Rest <a href="https://www.legislation.nsw.gov.au/view/whole/html/inforce/current/s1-2011-0653#sec.81">https://www.legislation.nsw.gov.au/view/whole/html/inforce/current/s1-2011-0653#sec.81</a></p> <p>Education and Care Services National Regulations <a href="#">Education and Care Services National Regulations (2011 SI 653) - NSW Legislation</a> Related Regulations: 82, 103, 105, 110, 115, 116, 168, 169</p> <p>ACECQA Safe sleep and rest practices <a href="#">Safe sleep and rest practices   ACECQA</a></p> <p>Kidsafe Safe Infant Sleeping <a href="https://www.kidsafesa.com.au/safe-infant-sleeping/">https://www.kidsafesa.com.au/safe-infant-sleeping/</a></p> <p>Safety management procedure <a href="#">Safety management procedure.pdf</a></p> <p>SIDS and Kids SA <a href="#">SIDS   SIDS &amp; Kids SA   South Australia (sidssa.org.au)</a></p>		

	<p>Safe Sleeping and Resting for Infants and Young Children Procedure  <a href="https://www.education.sa.gov.au/sites/default/files/safe-sleeping-for-infants-and-young-children-procedure.pdf?acsf_files_redirect">https://www.education.sa.gov.au/sites/default/files/safe-sleeping-for-infants-and-young-children-procedure.pdf?acsf_files_redirect</a></p> <p>Red Nose <a href="https://rednose.org.au/">https://rednose.org.au/</a></p> <p>Managing Student Medical Conditions</p> <p>Red Nose Home Monitoring Article  <a href="https://rednose.org.au/article/home-monitoring">https://rednose.org.au/article/home-monitoring</a></p> <p>Child and Family Health Service  <a href="http://www.cyh.com/SubContent.aspx?p=467">http://www.cyh.com/SubContent.aspx?p=467</a></p> <p>Meeting Children’s sleep, rest and relaxation needs  <a href="https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-meeting-childrens-needs.pdf">https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-meeting-childrens-needs.pdf</a></p> <p>Sleep Health and Sleep Development in Early Childhood Education and Care  <a href="https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-sleep-infants-toddlers.pdf">https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-sleep-infants-toddlers.pdf</a></p> <p>Sleep Rest and Relaxation and the National Quality Standards  <a href="https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-sleep-nqs.pdf">https://earlychildhood.qld.gov.au/aboutUs/Documents/factsheet-sleep-nqs.pdf</a></p> <p>SA Health safe infant sleeping standards policy directive  <a href="https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Clinical+Resources/Clinical+Programs+and+Practice+Guidelines/Womens+and+Babies+Health/Safe+Infant+Sleeping+Standards/Safe+Infant+Sleeping+Standards">https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Clinical+Resources/Clinical+Programs+and+Practice+Guidelines/Womens+and+Babies+Health/Safe+Infant+Sleeping+Standards/Safe+Infant+Sleeping+Standards</a></p> <p>Relaxation is a must – article written by Dr Brenda Abbey  <a href="https://www.childcarebydesign.com.au/uploads/cawa_insight_relaxation_june12.pdf">https://www.childcarebydesign.com.au/uploads/cawa_insight_relaxation_june12.pdf</a></p>
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**Endorsed by Staff and Governing Council June 2022**

**Policy review: This policy will be reviewed annually and/or as required based on department policy updates and/or advice.**