



# Rest and Sleep Procedure

*This procedure is consistent with the requirements of the:*

- *Education and Care Services National Law and Regulations*
- *DFE Safe sleeping for infants and young children Procedure*
- *Safe infant sleeping standards policy directive (SA Health)*
- *Red Nose*
- *Kidsafe SA safe sleeping recommendations*

## Children of all ages

- Quiet spaces are available for relaxing, these spaces allow for calm quiet play.
- A quiet place is created for resting each full day and children rest/relax after lunch
- Children rest with their faces uncovered.
- The rest/relaxation environments are safe and regularly checked for hazards.

Educators closely monitor resting children, including any child who may have fallen asleep. This involves ensuring that educators are always within sight and within hearing distance of resting/sleeping children so that an assessment of a child's breathing and the colour of their skin can be made.

## Occasional Care

- Children who attend the Occasional Care service are provided with opportunities to rest and relax as required however there are no sleeping provisions due to the short sessions provided. Parents select the session that best suits their child's needs avoiding sleep times.

Prams, pushers, bouncinettes and rockers are not used unsupervised or as a sleeping environment for children.

*This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleep recommendations. We refer to the **DFE Safe sleeping for infants and young children procedure** as a guide for reviewing our practices to maintain the highest level of safety and well being of every child who attends our service.*