



SLEEP & REST FOR CHILDREN PROCEDURE

QUALITY AREA 2 – CHILDREN'S HEALTH AND SAFETY

This policy covers both the **Occasional Care** and **Kindergarten** programs.

Background

Klemzig Kindergarten is devoted to providing a safe and comfortable environment for children who may at some time need to sleep. On occasions, a child may be overly tired or become unwell and need to rest while waiting to be collected by a family member. Educators will ensure that should this occur safe practices and care will be adhered to, and that all educators are aware of and comply with current evidence-based sleep safe practices for children.

Overview

This procedure outlines the Education Department's, and Klemzig Kindergarten's approach to implementing recommended evidence-based safe sleep practices. The objectives of this procedure is to ensure that educators:

- are aware of and comply with current evidence-based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- promote and model safe sleeping practices and environments to families with infants and young children
- are aware of where to access resources to build their knowledge about recommended safe sleep practices
- comply with the Education and Care Services National Law (South Australia) and Education and Care Services National Regulations

Site Based Procedure

Resting or Sleeping at Kindy

- Should a child become unwell or is tired and needs to rest, or falls asleep during a preschool day, educators will make the child comfortable in an appropriate space away from the main traffic areas but within continuous view of educators.
- The resting area and equipment is to be regularly checked for hazards. This equipment complies with the Australian Standards (AS/NZS 2172 / AS/NZS 2195).
- Educators will provide a clean bedding on the floor or offer a portable bed (of which the site has 2), for the child to rest on, away from furniture and walls. The child will always be in view of educators. The area will be clear of objects that a child could roll onto or reach for.
- Where appropriate (e.g., illness), an authorised adult for the child will be contacted to organize pick up from kindy as soon as is practicable so the child can rest more comfortably in their own environment.
- Educators will record children's sleep times on the attendance sheet and notice patterns of sleep needs and discuss this with families and determine families' preferences in relation to their child's sleep.
- Children are placed on their back to sleep when first being settled. If a medical condition exists that prevents a child from being placed on their back, the alternative practice will need to be **confirmed in writing to the Director, by the child's medical practitioner**
- Children are to sleep and rest with their face uncovered.
- As per the *DfE Safe sleeping for infants and children procedure July 2017*, prams, pushers, bouncinettes and rockers are not used unsupervised or as a sleeping environment for children.
- Sleep and Risk assessment will be conducted for Klemzig Kindergarten service and reviewed annually or as needed, whichever comes first.

Responsibilities

Staff

- Educators will be made aware of this policy through the Induction procedure and implement it
- This policy will be reviewed in conjunction with staff and Governing Council parents according to the review cycle.

Parents

- Will be made aware of this site-based policy upon enrolment of their child at the Kindergarten

Ratified by Governing Council June 2023