



Liberman Kindergarten

Safe Sleeping for Children and Infants

Rationale:

Early childhood education and care services are required to comply 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.

Links to Quality Standards:

2.1.1 Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation

2.2.1 Supervision – At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

5.1.2 Dignity and rights of the child - The dignity and rights of every child are maintained

Safe Supervision and Monitoring

All children must be adequately supervised at all times. This includes Educators actively monitoring and supervising sleeping children. The *Education and Care Services National Law* and *Regulations* do not specify a recommended time for checking sleeping children, rather *The Guide to the National Law and Regulations* states:

Sleeping children should always be within sight and hearing distance so that Educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing (Source: *Guide to the National Law and National Regulations*, ACECQA, Sept. 2013, p. 64.)

Educators will:

- Assess sleeping environments and remove all potential hazards
- ensure supervision arrangements enable active and effective monitoring of all children whilst sleeping. This may include considering sleeping a child in the same room as an Educator rather than a separate room (when an appropriate quiet and safe area is available)
- provide opportunities for rest, relaxation daily or quiet activities for non-sleepers

In circumstances where sleeping children are not in the same room as the Educator, Educators must implement a process to record the checking and inspection of sleeping infants and young children at regular intervals. This must occur at not more than 15 minute intervals, noting that a higher level of supervision is required in instances where additional risk factors are present. This daily record is to include the time the child is checked, and the initial/signature of the Educator.

Safe Infant Sleep Practises (for children whom may be attending Playgroup)

4.2.4 Use of prams and pushers

In relation to the use of prams and strollers, care practices must align with the following recommended practice:

Educators will inform parent/caregivers that:

A pram has not been designed as a permanent place to sleep a baby or to use unsupervised.

A pram is not a suitable place for babies to sleep if unobserved. If a baby will only settle whilst in the pram, Parent/Caregivers should remain with the baby and when the baby is asleep. Never leave babies unattended in a pram.

(Source: 'SIDS & Kids safe sleeping child-care kit: safe sleeping background', p.11 May 2015.)