



Madison Park Kindergarten Safe Sleep for Children Procedure

RATIONALE:

Effective rest, relaxation and sleep is important to overall health, wellbeing and development of children. Children who do not sleep well may struggle to learn and regulate their behaviour. This policy is based on the recommendations from the recognised national authority SIDS & Kids. At Madison Park Kindergarten we aim to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family. If there is a conflict between the recommendations from SIDS & Kids and family request, then the Kindy will not endorse an alternative practice, unless provided with advice from a medical practitioner.

Links to NQS:

Quality Area 2 – Children's health and safety

Standard 2.1 Each child's health and physical activity is supported and promoted.

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

Legislation and Government Requirements:

- **Education and Care Services National Law Act 2010**

Implementation:

Rest can be defined as a period of inactivity, solitude, calmness or tranquillity and can include the child being in a state of sleep. Most children will benefit from periods of rest. Relaxation times are scheduled into our daily program, with a period of time after lunch dedicated to quiet activities. ***Opportunities for rest and relaxation, as well as sleep, are provided throughout the day.***

Madison Park Kindergarten has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while on site.

Due to the nature of our Kindergarten, with most children over the age of 3, not all children will require sleep. Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.

Where a child indicates they are tired or falls asleep the following guidelines will be followed:

- All children will be placed on their back to rest when first being settled for a rest. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position.
- All children will rest with their face uncovered.
- Children's rest environments are free from cigarette or tobacco smoke as detailed in the Department for Education policies.
- The rest environment, equipment and materials will be safe and free from hazards

Children who are tired will be provided with opportunities for sleep/nap while at Madison Park Kindergarten. Parents/guardians will be informed if the child appears to be sleepy due to illness and they will be requested to collect their unwell child. In all other cases, if a child sleeps longer than 30mins a phone call will be made to a parent/guardian to advise their child is sleeping. Consideration of Parent/guardian wishes for the length of sleep will be taken into consideration, however the child's requirement for sleep and rest is paramount. Educators will attempt to gently wake a child, after a least 1 hour of sleep, if a parent/guardian requests, however if the child remains asleep they will not be woken.

Safe Resting Places

Madison Park Kindergarten is a large site and has multiple areas where a child can spend time resting quietly away from others, including opportunities for quiet activities. Safe resting locations at Madison Park Kindergarten are located both inside and outside, including:

- Quiet Room
- Lounge Area
- Staff Office
- Carpeted Area
- Outside on mats
- Under the Veranda

Safe Resting Resources

Safe rest/sleeping aids provided at Madison Park Kindergarten include:

- Cushions, that are regularly cleaned
- Mats that are regularly cleaned
- Portable beds
- Lounges
- On the floor
- Blankets
- Hammocks (supervised and not always available)

Children will not be placed in prams/strollers or rockers at any time for rest and sleep under any circumstances, due to the safety risks this presents.

Care is taken that locations do not create a falling hazard and that children's heads and faces are uncovered at all times.

Safe Resting places for children who are unwell, awaiting collection.

Children who become unwell at Kindy and require rest or sleep, will be placed in a safe location with constant supervision to ensure there is no deterioration in their condition, while they wait to be collected from Kindy. In line with SA Health recommendations, children who are unwell should rest at home.

Supervision:

- Children resting or sleeping are actively supervised and monitored in accordance with the National Law and Regulations.
- Each child's circumstances will be considered and additional supervision of children who are unwell or have other medical conditions
- Sleeping children will be checked at least every 15 minutes and a record of this observation (time and initial/signature) on the observation form will be kept in a sleep and rest folder (located near the change table area).
- Students and volunteers will not be left unsupervised with resting/sleeping children.

Observation

Observation of resting/sleeping children will include monitoring the breathing patterns. If a child is not breathing, First Aid will be provided. Records of children sleeping will be made and kept on file.

Hygiene practices

- Cushions, blankets and soft toys are cleaned regularly.
- Temperature and ventilation is considered and blankets provided as needed.
- Soft music may be played while children sleep.
- Staff/carers monitor the temperature of the rest environment and address children's clothing needs.
- Children resting in jumpers with hoods and cords are at higher risk of choking and will be encouraged to change out of these items when resting.
- It is not recommended that any necklaces, including Amber Teething Necklaces are worn at sleep, and these will be removed while child is sleeping.
- Staff hold current First Aid Training for Education and Care Settings.

Procedure Reviewed: November	Policy Endorsed by Governing Council	Policy to be reviewed by: November
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