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### **Safe sleeping procedure for young children**

#### **Rationale**

The objectives of this procedure are to ensure that staff and educators:

- are aware of and comply with current evidence-based safe sleep practices and safe sleep environments.
- promote and model safe sleeping practices and environments to families with infants and young children.
- comply with the Education and Care Services National Law and Regulations. (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).

Occasionally at Kindergarten children may become unwell and need a safe place to rest while waiting to be collected by a parent/ guardian and some children may become tired during the day and require a rest. This procedure must be adhered to in these situations.

#### **Sleeping procedure**

- a sleeping mat is to be placed on the floor (sofa or cushions are **not** suitable for children to sleep on).
- the floor must be clean and free from hazards (eg free from soft toys or objects that could be a suffocation risk).
- The mattress must be positioned away from walls or furniture as young children can become trapped between a mattress and wall or furniture.
- All children must be adequately supervised at all times – 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.
- If children are not in the same room as the educator, checking and inspection of children's safety and wellbeing must be recorded at not more than 15 minute intervals on the daily record.
- Supervision doors must remain open at all times.

Occasionally individual child risk factors may be identified that require additional procedures.

#### **Families**

Families will be informed about this procedure during their orientation. Educators discuss individual children's rest and sleeping needs with families, and known risk factors are identified.

Safe sleeping information is displayed and information is available for families.