

**MCKAY CHILDREN'S CENTRE INC.
INCLUDING PENOLA OUTSIDE SCHOOL HOURS CARE**

HSW 11-Sleep and Rest Time Policy
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Policy Statement:

The need for adequate sleep and rest is fundamental to the well-being and development of all children. The Centre recognises the uniqueness of every child and their individual routines for sleep and rest. Educators will work in partnership with families to meet the needs of individual children according to age and developmental stages. The Centre's environment incorporates restful spaces for children to retreat to and safe and hygienic sleeping areas.

Procedure:

- Educators will work in partnership with families to ensure sleep and rest routines are respectful of individual needs, ages, developmental stages and cultural practices.
- Families are encouraged to provide their child's special sleeping comforters
- Children's sleep/rest periods will be monitored regularly and recorded for parent information. Children aged under 2 have their sleep times recorded in their communication books. Children over 2 have their sleep times recorded on the sleep sheet in the childcare room.
- Sleep rooms will be monitored by educators until all children are asleep, then the use of a monitor and regular checks will be implemented
- Centre learning programs will promote and incorporate the benefits of rest and relaxation
- Information on safe sleeping practices will be available to families
- Educators will be kept informed of safe sleeping practices recommended by Red Nose (SIDS) and Kidsafe and implement these strategies
- The procedure for putting infants to bed is as follows:
 - Infants will be put to sleep on their back, not the side or tummy
 - Infants head and face will be left uncovered
 - Infant's feet to be placed at the end of the bed and bedding to be folded back
 - Pillows, doonas and padded cot bumpers will not be used
 - Infant swaddles and sleeping bags are to comply with safety recommendations by Red Nose and Kidsafe SA
 - Infants will not be put to bed with a bottle
 - Children will be put to sleep in light, loose clothing

Sources:

- Rednose, Kidsafe SA websites
- DECD Safe Sleeping Practice Guideline and Procedures
- National Quality Standards- Quality Area 2
- Education and Care services National Regulations (Part 4.2, Division 1-81)

Related Policies:

- HSW-7 Hygiene Practices
- HSW-8 Infectious Diseases and Sick Children

Policy Reference Number: HSW 11

Review Frequency: Biennial

Last Reviewed: February 2017

Next Review: February 2019