



# Penneshaw Kindergarten

---

## Safe sleeping and resting for young children procedure

The objectives of this procedure is to ensure staff:

- 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
  - 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. 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.

Site Leaders/Educators will:

- Consult with families during the orientation period about their child's rest and sleep needs, beliefs and practices
- Promote and model safe sleeping and resting for young children
- Provide a safe sleeping environment by ensuring children sleep on a firm mattress, on a clean floor free from hazards including electrical cords and position mattresses away from the walls and furniture to prevent entrapment. The door will remain open where possible
- Ensure children are dressed appropriately for sleep removing necklaces, bracelets, hairclips and hair bands
- Actively monitoring and supervising sleeping children ensuring they are within sight and hearing distances so educators can assess their breathing, skin colour, safety and wellbeing.
- If children are asleep in the sleep room, record checking and inspection of sleeping children at regular intervals (at not more than 15 minute intervals.) The record must include the time the child was checked and initial of the educator.
- Refer families to appropriate health professionals and support services to discuss sleep issues if required
- Communicate the safe sleep procedure and practices to families
- Review our sleep practices and environment each year to ensure practices are consistent with recommended safe sleep practices

Families will:

- Inform educators during orientation about their child's rest and sleep needs
- Inform the educators of any changes to their child's medical or health status that may influence their sleep and rest patterns requiring increased supervision

## Safe sleeping resources

Site leaders must ensure educators are aware to obtain information about recommended safe sleeping practices from:

- SIDS and Kids SA phone 8332 1066 or Red Nose safe sleeping phone 1300 308 307, email [education@rednose.com.au](mailto:education@rednose.com.au)

for safe sleeping enquiries and training opportunities

- Red Nose for downloadable brochures (in a range of languages) and smart phone applications, sign up for regular newsletters

covering safe sleeping and child safety

education and Australian and Consumer Commission (ACCC) updates

- Kidsafe SA phone 8161 6318
- Child and Family Health Service (includes resources to assist settling infants).