



# Policy & Procedure

## Safe Sleeping and resting for infants and young children

### Background

Plympton South Kindergarten is devoted to providing a safe and comfortable environment for children who may at some time need to sleep or rest. On occasions a child may become unwell or be overly tired and need to rest while waiting to be collected by a family member. Educators at Plympton South Kindergarten will ensure that should this occur and safe practices and care will be adhered to. Educators are aware of and comply with current evidence-based sleep practices.

### Purpose

This policy and procedure outlines the Department for Education and Plympton South Kindergarten's approach to implementing recommended evidence based safe sleep practices.

The objectives of this procedure are to ensure that educators:

- are aware of and comply with current evidence-based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- 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

### Scope

This procedure applies to all staff and DfE family day care educators who provide support to parents and caregivers of infants (a baby under 12 months of age) and young children, and who offer sleeping environments

This includes: PRESCHOOL SERVICES

### Related Policies, procedures, guidelines, standards and frameworks

- Keeping baby safe - a guide to infant and nursery products (ACCC)
- DfE physical environment in family day including beds, fencing and safety standard
- DfE health support planning policy and procedures
- DfE safety management procedure: hazard management procedure
- DfE smoke free policy
- South Australian Safe Infant Sleeping Standards 2023
- Red Nose - safe sleeping
- Kids Safe SA- safe infant sleeping

This includes: Related Legislation

- **South Australian Education and Early Childhood Services (Registration and Standards) Act 2011**
- **Education and Care Services National Regulations (Regulation 81)**

## PROCEDURE


### Resting or Sleeping at Kindy

- Should a child become unwell or is tired and needs to rest, or falls asleep during a pre school session, staff will make the child comfortable in a space away from the main traffic areas but within the main kindergarten room area.
- Educators to identify and remove potential hazards in resting and sleeping environments
- Staff will provide a clean sheet on the floor for the child to rest on, away from furniture and walls.
- Children resting and sleeping are actively supervised and monitored in accordance with the National Law and Regulations
- Soft toys will not be given to comfort the child or soft cushions that children could roll on to.
- The area will be clear of objects that a child could roll onto or reach for.
- A small firm pillow will be offered should this make the child more comfortable.
- A responsible adult will be contacted to organize pick up from kindy as soon as is practicable so the child can rest more comfortably in their own environment.

### Additional notes

### Responsibilities

- Staff
  - Staff will be made aware of this policy through the Induction procedure
  - The policy will be available on the site's web page
  - This policy will be reviewed in conjunction with staff and Governing Council parents
- Parents
  - Will be made aware of this policy upon enrolment of their child at the centre

Chairperson   
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