

POLICY 5

PPWCC SAFE SLEEPING, REST & RELAXATION POLICY

RATIONALE

At Port Pirie West Children's Centre we believe:

- Safe and effective sleep and rest strategies are important factors in ensuring children feel safe and secure during their time at preschool.
- The preschool is a busy place and it is important for children to be able to rest when needed in order to be successful participants in the whole preschool program.
- That all children regulate differently and have different needs for rest and relaxation and therefore we will provide options for children to access at rest time.
- All staff have a duty of care to all children's health and wellbeing. We will encourage and promote rest as part of our daily routine and support children who want to sleep and those who just want to rest or participate in quiet activity.

This policy has been created and consistent with the requirements/research of the:

- Department for Education Safe Sleeping for Infants and Young Children Procedure
- SA Health document: Safe infant sleeping standards policy directive
- Red Nose Safe Sleep Practices
- Kidsafe SA Safe Sleep Practices
- Raising Children Network

The ACECQA National Quality Standard Quality Area 2: Children's Health and Safety Element 2.1.2 Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

SAFE SLEEP AND REST PROCEDURE

At preschool we will:

- Ensure rest time is always part of our routine on full days. Specifically, quiet activities will be offered after lunch and at the end of the day children will have the opportunity to participate in relaxation activities.
- Provide children with rest time options such as reading books, relaxation to music. We may also participate in whole group rest time with pillows, visualization, yoga and relaxation music.
- Provide pillows to all children so they can lie comfortably.
- Ensure quiet spaces are available for children to rest as needed in both the indoor and outdoor environment throughout the day so children can rest when needed.
- Ensure children are resting with their faces uncovered.
- Ensure the area of rest is safe, clean and free from hazards.
- Staff will supervise rest times and closely monitor resting children ensuring a sleeping or resting child is checked every 10 minutes and remain in the nearby vicinity.

If a child falls asleep during rest time we will:

- Ask other children to not disturb the child and play elsewhere whilst resting.
- Take the child's temperature
- Ensure the child is sleeping safely and their face is not covered or breathing obstructed.
- Staff will record on the attendance roll notes column the time the child fell asleep and time the child woke. Parents/guardians will be notified at time of pick up. This Safe Sleep and Rest Policy will be shared with all new staff and families. The Policy is available to view on the preschool website

The Director will:

- comply with [regulation 84C](#) by:
- undertaking a sleep and rest risk assessment at least once every 12 months and as soon as practicable after becoming aware of any circumstances that may affect the safety, health or wellbeing of children during sleep and rest
- consider, as part of the risk assessment, the matters listed in regulation 84C(2)
- make any necessary updates to services' sleep and rest policies and procedures as soon as practicable after conducting a risk assessment
- keep a record of each risk assessment.
- Ensuring staff are encouraged to access the safe sleeping and rest resources as outlined in the Department Safe sleeping for infants and young children procedure
- Including the safe sleeping and rest policy, procedure and risk assessment and access to resources within the staff induction process

References

- Department for Education Safe Sleeping for Infants and Young Children Procedure
- SA Health document: Safe infant sleeping standards policy directive
- Red Nose Safe Sleep Practices
- Kidsafe SA Safe Sleep Practices
- Raising Children Network
- National Quality Standard 2.1
- Education and Care Services Law and Regulations 2011 SI 653 (84C) – Risk assessment for purposes of sleep and rest policies and procedures

Endorsed and ratified by Staff and Governing Council December 2023.
To be reviewed November 2024