

Rest and Sleep Procedure

This procedure is consistent with the requirements of the:

- Education and Care Services National Law and Regulations
- DfE Safe sleeping resting for infants and children Procedure October 2020
- Safe infant sleeping standards policy directive (SA Health)
- Red Nose
- Kidsafe SA safe sleeping recommendations

For children of all ages;

- A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm play experience. In the preschool we have comfy pillows and a quiet space in the group time area, a lounge in our book area and a wicker lounge outside for rest and relaxation. In our occasional care space, we have a bay window with cushions for rest and relaxation.
- Children are to sleep and rest with their face uncovered.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Supervision, planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children.
- Educators will closely monitor sleeping and resting children and our sleep rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- If families choose to use a dummy, the dummy must comply with the Australian mandatory standard AS 2432:1991, have no unsafe decorations and never tied around a child's neck. If a dummy falls out of their mouth during sleep, it will not be re-inserted.
- As per the **DfE Safe sleeping and resting for infants and children procedure October 2020** Prams, pushers, bouncinettes and rockers are not used unsupervised or as a sleeping environment for children.

This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleep recommendations. We refer to the **DfE safe sleeping checklist for infants and young children** as a guide for reviewing our practices to maintain the highest level of safety and well being of every child who attends our service.

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