

Safe Sleep and Rest Policy



Rationale

At Rose Park Preschool we believe:

- 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 Children Procedure
- SA Health document: Safe infant sleeping standards policy directive
- Red Nose Safe Sleep Practices
- Kidsafe SA Safe Sleep Practices
- Raising Children Network and the Murdoch Children's Research Institute
- Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)
- Centre on Media and Child Health – Dr Michael Rich MD, MPH
- The Journal of Paediatrics – Conflicting guidelines on Young Children's Screen Time and Use of Digital Technology Create Policy and Practice Dilemmas

The ACECQA National Quality Standards Quality Area 2: Children's Health and Safety
Element 2:1:2 *Each child's comfort is provided for and there are 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, after lunch where children will rest with pillows, but also at other times if needed, such as end of day relaxation.
- Provide children with rest time options such as reading books, relaxation to music, or screen time. We may also participate in whole group rest time with pillows and relaxation music.
- Provide pillows to all children so they can lie comfortably and they can also choose to not watch the screen but lie and rest or sleep.
- Ensure screen time during 'rest time' will not exceed 15 minutes. On a full day at preschool children are offered up to 20 minutes rest time, the screen is not on during the entire rest time session, and a relaxation game led by a teacher is used for the last 5 minutes of rest time where all children are gathered to rest with a pillow and encouraged to participate.
- On some days screen time may not be offered as a choice during rest time and an alternative option will be provided such as relaxation music or audio books.
- There may be other times where the screen is used during the day on occasion, for research or teaching purposes, this is not included in the rest time minutes.
- Parents have the opportunity to have their child opt out of the screen time option during rest time by speaking with staff and letting them know. This will ensure that children are directed to one of the other options available.
- Ensure programs children are offered are rated 'G' and have some educational relevance to our curriculum.

- 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.

If a child falls asleep during rest time we will:

- Ask other children to not disturb the child and play elsewhere whilst resting.
- Ensure the child is sleeping safely and their face is not covered or breathing obstructed.
- Staff will record on the Sleep Register the time the child fell asleep, record 10-minute interval checks (checking child's breathing, colour of skin/lips, temperature, and time the child woke). Parents/guardians will be notified and ask to initial the Sleep Register 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 in the Preschool Policies Booklet and on the preschool website. This policy is a dynamic document and will be reviewed regularly.

Endorsed and ratified by Staff and Governing Council June 2022 to be reviewed 2024.

