

Settlers Farm Campus Kindergarten

Sleep, Rest, Relaxation and Clothing Policy

Aim

Settlers Farm Campus Kindergarten aims to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

Implementation

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Relaxation periods are included in all children's daily routine consistent with their developmental needs, including a short period of relaxation when children attend for a full day.

Educators have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, educators must offer the child to sleep or rest for a reasonable period. A quiet place will be designated for rest and sleep, away from interactive groups.

Educator Responsibilities

To promote children's safety and wellbeing during sleep and rest periods, educators will ensure:

- sleep and rest environments are quiet and restful;
- there are comfortable spaces for children to engage in quiet activities if they're not sleeping or resting;
- inside educators will provide adequate supervision of sleeping and resting children;
- ratios are maintained at all times children are sleeping and resting;
- hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from mattresses;
- heaters and electrical appliances aren't near mattresses;
- information about safe sleeping practices is included in the kindergarten's information booklet and displayed in the parent information area;
- accommodate each child's and family's preferences, for rest, sleep and clothing, including cultural and religious preferences, to the extent they are consistent with this policy;
- provide children who do not require sleep or rest with quiet, meaningful activities;
- encourage children to communicate their needs for sleep and rest and make appropriate decisions about these needs;
- communicate with families if their child has had a sleep, if their child is tired at the end of the day, or if their child is unwell;
- children are to sleep and rest with their face uncovered;
- regular checks of all sleeping or resting children paying particular attention to breathing patterns and skin colour. Checks will be more frequent if there are increased risk factors e.g. medical conditions or sleep issues;
- temperature of rest environment monitored to ensure it's not too hot or cold;
- the sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- educators implement the safe sleeping practices in this policy at all times;

Hygiene

To ensure sleeping environments are hygienic educators will:

- clean mattress with disinfectant and wash linen and blanket covers after each use before being stored in storeroom.

Children's Clothing

To ensure children's comfort and safety at the service, they must wear clothing that is suitable for the weather, lets them explore and play freely, and minimises the risk of injury.

Educators will encourage parents to dress their children in clothes that:

- are loose and cool in summer and warm enough for cold weather including outdoor play in winter;
- protect them from the sun during outdoor play;
- do not restrict them or compromise their safety when playing, sleeping or resting e.g. clothing that could present as a choking hazard;
- footwear that is stable and supportive e.g. no thongs, clogs or backless shoes which can cause children to trip;
- clothing that allows easy access for toileting e.g. elasticised trousers and track pants rather than buttons, zips, belts etc.;
- can get dirty when children play i.e. children should not come in their best clothes.

Families must clearly label all clothing with the child's name.

Educators may remove jewellery and teething necklaces if children wear them to the service. Some clothing items and jewellery, for example, can strangle or choke young children.

Amber Teething Necklaces and Bracelets - based on Australian Government product safety warnings, we do not allow children to wear amber teething necklaces or bracelets at our service. This is to minimise the risk of choking on the beads if the necklaces or bracelets break apart.

Educator responsibilities

To ensure children's comfort educators will:

- ensure children are appropriately dressed for the weather, play experiences, and rest and sleep
- provide clean spare clothing to children if needed
- encourage children to use smocks and Nature Play onesies for messy play and art experiences to protect their clothing.

Sources

Education and Care Services National Law and Regulations: Regs 81 Sleep and Rest

NQF - ACECQA QA2 2.1.1 Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Early Years Learning Framework - Children take increasing responsibility for their own health and wellbeing

Work Health and Safety Act 2012

Work Health and Safety Regulations 2012

Red Nose https://rednose.com.au/downloads/RN2256.3_Cot_Bed_DL_NOV2017_SinglePageDL-web_.pdf

NHMRC: Staying Healthy Preventing infectious diseases in early childhood education and care services <https://www.nhmrc.gov.au/guidelines-publications/ch55>

Product Safety Australia

DECD Safe sleeping for infants and children Procedure July 2017

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