

## KLEMZIG KINDERGARTEN AND OCCASIONAL CARE Rest and Sleep Policy

*This policy and procedure is consistent with the requirements of the:*

- *Education and Care Services National Law and Regulations*
- *DECD Safe sleeping for infants and children Procedure July 2017*
  - *Safe infant sleeping standards policy directive (SA Health)*
    - *Red Nose*
- *Kidsafe SA safe sleeping recommendations*

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment. Klemzig Kindergarten will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The education and care service will provide beds that comply with Australian Standards. The risk of *Sudden Infant Death Syndrome (SIDS)* will be minimised by following practices and guidelines set out by health authorities.

### Rest and Sleep Procedures

- A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm play experience.
- 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.
- All sleeping children are checked at least at **15 minute intervals**. The sleep checks are **recorded and initialled** by the inside educator.
- Children are placed on their back to sleep when first being settled. Once a child has been observed to repeatedly roll from back to front and back again on their own, they can be left to find their own preferred sleep or rest position (this is usually around 5–6 months of age).
- If a medical condition exists that prevents a child from being placed on their back, the alternative practice will need to be **confirmed in writing to the Director, by the child's medical practitioner**.
- When a child is placed to sleep, educators are to check that clothing worn is weather and safety appropriate (e.g. hoodies tucked in to prevent face covering) and the bedding is tucked in secure and is not loose. At no time should a child's face or head be covered (i.e. with linen). The educator **will position their feet at the bottom of the cot**.
- 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 an infant's neck. If a dummy falls out of a baby's mouth during sleep, it will not be re-inserted.
- As per the *DECD Safe sleeping for infants and children procedure July 2017* Prams, pushers, bouncinettes and rockers are not used unsupervised or as a sleeping environment for children.
- As per the *DECD Safe sleeping for infants and children procedure July 2017* all cots, sleep mats including portable will comply with the Australian Standards (AS/NZS 2172 / AS/NZS 2195).
- Cots will be kept away from hanging cords, mobiles, electrical appliances and curtains. Beds and cots must have an unobstructed gap, end-to-end and side-to-side, to enable free movement by an educator.
- 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 *DECD 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.

Created date June 2018