



Sleep and Rest Procedure

BACKGROUND

Somerton Park Kindergarten is devoted to providing a safe and comfortable environment for children who may at some time need to sleep. On occasions a child may become unwell or be overly tired and need to rest while waiting to be collected by a family member. Staff at Somerton Park Kindergarten will ensure that should this occur safe practices and care will be adhered to. Educators are aware of and comply with current evidence based sleep practices.

PURPOSES

This procedure outlines the Department for Education's and Somerton Park Kindergarten's approach to implementing recommended evidence based safe sleep practices.

The objective of this procedure are to ensure that staff and educators:

- Are aware of and comply with current evidence based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- Promote and model safe sleeping practices and environments to families with infants and young children.
- Are aware of where to access resources to build their knowledge about recommended safe sleep practices.
- Comply with the Education and Care Services National Law and regulations.

SCOPE

This procedure applies to all staff who provide support to parents and caregivers of infants and young children.

RELATED POLICIES, PROCEDURES, GUIDELINES, STANDARDS AND FRAMEWORKS

- Keeping baby safe – a guide to infant and nursery products (ACCC)
- DfE family day care standard – physical environment
- DfE hazard management procedure
- DfE health support planning policy and procedures
- DfE risk management framework
- DfE smoke free policy
- Red Nose – safe sleeping
- Safe infant sleeping standards policy directive SA Health

PROCEDURE

Resting or Sleeping at Kindy

Should a child become unwell or is tired and needs to rest, or falls asleep during a preschool session, staff will make the child comfortable in a space away from the main traffic areas but within the main kindergarten room area.

Staff will provide a clean sheet on the floor for the child to rest on, away from furniture and walls.

The child will at all times be in view of Educators. Soft toys will not be given to comfort the child or soft cushions that children can roll on to. The area will be clear of objects that a child could roll onto or reach for. A small firm pillow will be offered should this make the child more comfortable.

A responsible adult will be contacted to organise pick up from kindy as soon as is practicable so the child can rest more comfortably in their own environment.

ROLES AND RESPONSIBILITIES

Preschool Director / Educators	Complying with the requirements of this procedure
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MONITOR AND REVIEW

This procedure will be monitored and reviewed by Director, Educator and Governing Council.

Date Approved: October 2021

Date Review Due: October 2024

Director: 

Governing Council: 