



Sleep, rest and relaxation procedure

National Quality Standard Area 2 | Children's health and safety

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety and wellbeing.

Purpose

This procedure outlines our responsibility in relation to safe sleep and rest procedures compliant with provisions related to children's sleep and rest under the *South Australian Education and Early Childhood Services (Registration and Standards) Act 2011*. This includes the *Education and Care Services National Law* and the *Education and Care Services National Regulations* (including the National Quality Standard (NQS)). Regulation 81 prescribes that services must take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

The intention of this procedure is to ensure educators;

- > are aware of, and comply with, current evidence-based safe sleep practices and safe sleep environments,
- > are aware of where to access resources to build their knowledge about recommended safe sleep practices, and
- > promote and model safe sleeping practices and environments to families with young children.

This procedure applies to all staff at this site. All references to regulations come from the Education and care Services National Regulations.



Detail

This procedure is to be read in conjunction with age-appropriate [Red Nose](#) and [Kidsafe SA](#) safe sleeping recommendations. We acknowledge the support of Kidsafe SA and Red Nose Australia in the development of this procedure.

Use of prams and pushers

Prams, pushers, bouncinettes, and rockers **will not** be used unsupervised or as a sleeping environment for children.

A collaborative partnership with families

The development of positive relationships and partnerships builds families confidence that their children are safe in care and enables educators to contribute to parents/caregivers understanding of how to create a safe sleeping environment.

Site leaders and educators will ensure:

- > Families and caregivers are consulted during the orientation period about their child's rest and sleep needs, and their beliefs and practices – this will assist in individual children's circumstances and risk factors being assessed
- > Families and caregivers are informed of the service's safe sleeping procedure and practices
- > Families are aware of the need to inform the service about any changes in their child's medical or health status that may indicate a higher level of supervision is required
- > The child's developmental needs in relation to sleep and rest are documented, considering the period of time the child is being educated and cared for (in accordance with regulation 74).
- > Families are provided with information about their child's sleep and rest patterns (in accordance with regulation 76) – any risks are identified, and referrals made are documented
- > Safe sleeping practices are promoted and modelled (including safe sleeping information being displayed) and current information is available for families, taking into account an appropriate format for each family
- > Referrals to appropriate health professionals and support services are facilitated for further information and support if required (e.g., Kidsafe SA, Child and Family Health Service or a medical practitioner).

Relaxation time

We will:

- Provide relaxation time on full days
- Create a relaxing atmosphere for resting children by playing relaxation music, turning off lights and ensuring children are comfortable with shoes off if they chose.
- Explicitly teach the art of relaxation, mindfulness and self-regulation
- Ensure quiet spaces are available for children to rest as needed in both the indoor and outdoor environment
- 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 relaxation time we will:

- Ask other children to play elsewhere whilst the child is sleeping
- Ensure the child is sleeping safely and their face is not covered or breathing obstructed
- An educator will actively supervise the sleeping child at all times waking them gently after an appropriate amount of time

- Families will be notified at collection time if their child has slept during the day
- Where a child consistently falls asleep we will discuss sleep times and support families where more knowledge is needed of the importance of sleep for young children
- If needed, parents may be encouraged to seek help from their doctor to improve their child's sleeping habits

Supervision and monitoring

All children must be adequately supervised at all times. This includes educators actively monitoring and supervising sleeping children. Sleeping children should always be within sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing. Supervision windows should be kept clear and not painted over or covered with curtains or posters.

Reviewing Relaxation Time

Relaxation time practice will be reviewed on a regular basis to ensure our practices are consistent with recommended safe sleep practices. The resource [sleep, rest, relaxation and the National Quality Standard](#) outlines key questions for reflection under the NQS.

Safe sleeping resources

Further information about recommended safe sleeping practices can be obtained from:

- > [SIDS and Kids SA](#) phone 8332 1066 or Red Nose safe sleeping phone 1300 308 307, email education@rednose.com.au for safe sleeping enquiries and training opportunities
- > [Red Nose](#) for downloadable brochures (in a range of languages) and smart phone applications, sign up for regular newsletters covering safe sleeping and child safety education and Australian and Consumer Commission (ACCC) updates
- > [Kidsafe SA](#) phone 8161 6318
- > [Child and Family Health Service](#)
- > <https://www.cecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

Supporting information

[Education and Care Services National Law Act 2010](#)

[Education and Early Childhood Services \(Registration and Standards\) Act 2011](#)

[Education and Care Services National Regulations](#)

Review record

(List the revision record in order of most recent updates at the top)

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Approved by: Name | Jacqui Vandeleur

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