



Waikerie Children's Centre  
16 Marks Tce  
Waikerie SA 5330  
Ph: 8541 2692 Fax: 8541 3126

## **SLEEP AND REST POLICY**

---

### **Considerations**

Philosophy:	Children's health and wellbeing is fundamental to their development.
Legislation:	Children's Services Child Care Centre Regulations 1998; National Quality Standards 2011, Element 2.1.2.
Children's needs:	A clean, safe and caring environment in which children's needs for sleep, rest and comfort are met.
Families needs:	Their child's health wellbeing and safety are of the utmost importance and their routines for sleep and rest which are in place at home are carried through to child care whenever possible; cultural needs recognised.
Staff needs:	A comfortable, safe sleep environment for children which meets each child's individual needs; information on latest research and best practices that reduce the risk of SIDS; strategies to monitor care during sleep and rest times.
Management needs:	Ensure all equipment provided meets Australian Standards; ensure staff have up to date information on best practice; provide information sessions and printed material (in relevant language to the community) on reducing the risks of SIDS and other pertinent topics.

### **POLICY STATEMENT**

Educators will consult with families at all times in regard to their child's sleeping/rest patterns and will develop procedures to ensure each child's individual needs are met. Sleep procedures and sleep equipment will take into account current health and safety advice from recognised health and safety authorities. There will be a comfortable place provided for children at all times.

### **HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures):**

1. Educators will provide an opportunity for children to sleep / rest within the centre's routine.
2. Educators will encourage children to sleep in order to meet their individual developmental needs.
3. Children will not be forced to sleep at any time. Quiet activities will be made available for children to experience whilst other children sleep. Educators will use their professional judgement to encourage children to rest when the need arises.
4. Sleep / rest times will be regarded as a positive, pleasant experience within the centre and educators will make every effort to provide a relaxing and comfortable sleep environment for all children. Educators will ensure children are dressed appropriately whilst sleeping.
5. Comforters and/or security toys may be bought in for sleep / rest periods, however such items must not impact on the safety of children while sleeping.

6. Centre staff, at all times, will ensure their knowledge and understanding of safe safe sleeping practice recommendations from SIDS is current and applicable. At all times educators will implement recommendations from SIDS within the centres sleep / rest routines. Other factors such as age of the child, cultural needs and requests from parents will also be considered when tailoring individual sleeping patterns but will not compromise safe sleeping practices.
7. Staff will record safety checks every 10 minutes.
8. Room environment will follow Safe sleeping Recommendations.

#### **Recommended by SIDS (Safe Sleeping Practices)**

- ◆ Recommended sleeping position for infants.
  - Laying on back with 10 minute checks
  - Child with chronic cold or lung disorder should have shorter checks (5 mins)
  - Sleeping baby with face uncovered.
  - Place baby with feet at the bottom of the cot with blankets tucked in firmly.
- ◆ Recommended Equipment
  - Ensure cot equipment meets Australian Standards (AS2172)
  - Mattress should be firm and the right size for the cot.
  - No loose bed linen. Use a safe sleeping bag with a fitted neck and armholes if provided
  - Children to be dressed in warm but not hot clothing. All clothing with hoods are removed.
  - Ensure no pillows, lamb's wool, doonas and cot bumpers are used in cots.
- ◆ Other considerations
  - Ensure no dangling cords or string.
  - Cot is placed away from heaters or electrical appliances.
  - Room temperature is recommended between 20-22 Celsius degrees.
  - Clear vision into room, No extra curtains, Limited music, slightly darkened room, monitors
  - Clear instructions and Information provided to educators
  - Prams are not to be used without constant supervision.

**Babies, under one year of age, whenever they sleep, should be placed on their back to sleep, unless otherwise directed in writing by the child's medical practitioner.**

Sleeping equipment at the centre will adhere to Australian Standards and current Health and Safety advice from recognised authorities. A checklist containing recommendations from SIDS will be completed in line with Occupational Safety and Health Policy.

The centre will provide information for parents on current safe sleeping practices and the benefits of breast feeding to reduce the risk of SIDS.

#### **SOURCED FROM:**

Sids and Kids – Safe Sleeping Resource [www.sidsandkids.org/safesleep/faq.htm](http://www.sidsandkids.org/safesleep/faq.htm)

[www.sidsaustralia.org.au/rtr/professional.htm](http://www.sidsaustralia.org.au/rtr/professional.htm)

National Quality Standards 2011, Element 2.1.2.

DFE, Safe Sleeping procedure for infants and young children, Nov 2016

Ministerial Council on Consumer Affairs – Keeping Baby Safe – [www.consumer.gov.au](http://www.consumer.gov.au)

Updated August 2020

Review due August 2022