

Safe Sleeping Procedure

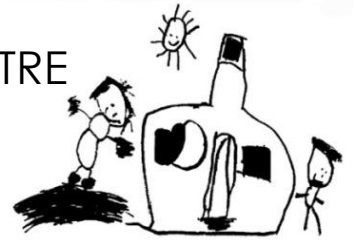
Links to the National Quality Standard

- 2.1.1, Each Child's wellbeing and comfort is provided for, including a range of appropriate opportunities for individuals and groups to meet each child's needs for sleep, rest and relaxation.

Policy Revised: February 2018

Approved by Governing Council: 14/03/18

Due for Review:



Safe Sleeping Procedure

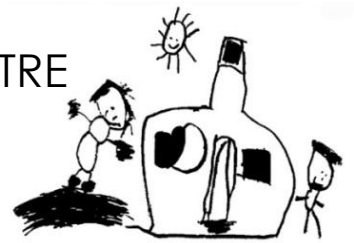
According to National Regulations 81, YCCC must take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

From National Quality Standards, QA2 Children's Health and Safety, 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."

"Sleep and rest practices are consistent with contemporary views about children's health, safety and welfare and that meets children's individual needs."

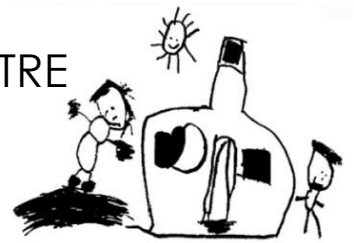
Communicating with families

- Rural Care families fill out a sleep form as part of their enrolment package and discuss children's sleep requirements.
- Educators record times of children's sleeps and their 10 minute observations. This is documented in their communication book for younger children and verbalised with families for older children.
- Educators communicate with each other at shift changeovers to ensure consistency of practice.



Environment

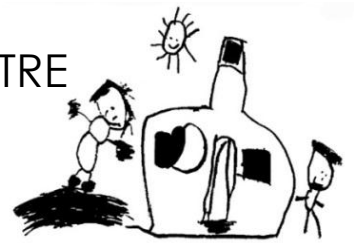
- Educator's provide a relaxing and comfortable sleep environment for all children within sight and hearing whilst sleeping.
- No child will sleep in a pram.
- Comforters and/or security toys may be brought in for sleep/rest periods; however, they must not impact on the safety of children sleeping. Dummies must not be attached to clothing.
- No child will be left alone to go to sleep with a bottle.
- All children will be placed on their back when first being settled. If an older child turns on to their side or stomach during sleep, then allow them to find their own sleeping position.
- All children will sleep with their face uncovered.
- To prevent a baby/toddler from wriggling down under bed linen, they must be placed with their feet closest to the bottom end of the cot.
- Light bedding is the preferred option, which must be tucked in to prevent the baby from pulling bed linen over their head.
- Sleeping bags with fitted neck and arm holes are an alternative to bed linen and encourage a baby to rest on their back.
- If a preschool or school age care child requests a rest then there is a designated area for the child to be inactive and clam, away from the main group of children. They will rest with their face uncovered and light bedding is the preferred option. Sleeping mats will be provided for this purpose.



- A child who is unwell will be placed on their back to rest. If a child turns on their side or stomach during sleep, then allow them to find their own sleeping position. Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has a high temperature, has vomited or received a minor trauma to the head.
- Students or volunteers will not be left unsupervised when settling children.
- Educators will not sleep or rest in the same area as children.
- A baby monitor will be turned on at all times while children are sleeping. Staff check the sleep environment every 10 minutes to observe the sleeping position and to ensure the child's face is not covered.
- No child will be let any longer than 30 minutes in their cot before falling asleep, unless alternative sleep routine has been discussed with the family.
- Educators will monitor the temperature of the sleep room as the security of each cot and the environment to ensure everything is safe.

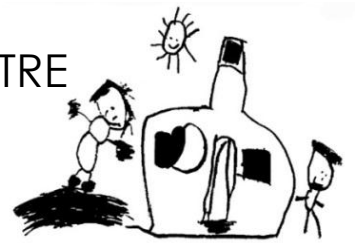
Knowledge

- Educators will ensure their knowledge and understanding of recommendations from "SIDS and Kids" is current and applicable.
- If a family's beliefs and practices are in conflict with "SIDS and Kids" then YCCC will not endorse and alternative practice unless the service is provide with written advice from a medical practitioner.



Cots/Prams/Strollers – The following is referenced to “SIDS and Kids” (2005c)

- All new and second hand cots in sold in Australia must meet the Australian Standards for Cots and be labelled AS2172 and AS2195 for Porta Cots.
- Educators will ensure that all cots are placed in an area that is a safe distance from windows, curtains, electrical appliances and hanging cords or strings.
- Educators will not place an extra mattress or padding under or over the manufacture's cot mattress.
- Educators should assess whether older babies or toddlers have the ability to climb over the sides of a cot as this presents a safety risk.
- Cot mattresses should be in good condition, clean, firm, flat and must fit the cot base with no more than a 25mm gap between the mattress and the sides of the cot.
- All prams/strollers must meet Australian Standard AS 2088.
- Children must be strapped in, not left unsupervised and children must not sleep in prams.
- A 5-point restraint (defined as: straps over each shoulder, a waist belt and a crotch strap between the legs that all meet and are secured) is recommended and should replace existing restraints.
- Educators must not overload the handles of prams/strollers with bags as this may force the pram/stroller to flip backwards.
- Prams/strollers must not be used to restrain children as part of behaviour guidance procedures.



Hygiene Practices

- Each child has their own bed linen which is washed after 7 uses.
- If a child is unwell their linen is washed immediately.
- Mattresses are disinfected every day.
- Cot blankets are washed termly or as necessary

All educators have current DECD HLTA/D004 First Aid Training.

Sitting behind to be read in conjunction with our policy are:

- DECD Safe Sleeping for infants and young children
- Gowrie Safe Sleeping Practices in early years education and care settings.