

## Safe Sleep and Rest Policy (CHS 8)

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### Policy Rationale

Although Cooks Hill Preschool does not have an allocated rest period throughout the day, we recognize that children need a comfortable relaxing environment to enable their bodies to rest when needed. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

### Strategies, Practices and Procedures

#### The Approved Provider/Nominated Supervisor will use best endeavours to:

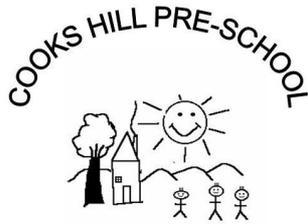
- “Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.” (Regulation 81.)
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families. Red Nose (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children.

#### Early childhood educators will use best endeavours to:

- Consult with families about children’s sleep and rest needs. Educators will be sensitive to each child’s needs so that sleep and rest times are a positive experience.
- Ensure that mattresses are clean and in good repair. Mattresses will be wiped over with warm water and neutral detergent between each use.



- Ensure that bed linen is clean and in good repair. Bed linen is for use by an individual child and will be washed before use by another child. Light bedding is the preferred option; it should be tucked in to the mattress to prevent the child from pulling bed linen over their head.
- Arrange children's beds to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children.
- Take the time to encourage all children to rest their bodies and minds for a period throughout their day. This may be through a story, yoga, meditation or quiet resting.
- Maintain adequate supervision and educator ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families.
- If a family's beliefs and requests are in conflict with current recommended evidence-based guidelines, the service will need to determine if there are exceptional circumstances that allow for alternate practices. The service may also consider undertaking a risk assessment and implementing risk minimisation plans for the child. Child safety should always be the first priority.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.



**Families will need to:**

- Ensure they share current information with educators regarding their child's health and sleep or rest needs.

**Links to Legislation & National Quality Standards**

- National Quality Standards (2011)
- Education and Care Services National Regulations 2011
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

**References**

- Policy adapted from CELA [www.cela.org.au](http://www.cela.org.au)
- ACECQA " Safe Sleep and Rest Practices from October 2017"

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**Policy Updated:** \_\_\_ October 2017\_\_\_    **Policy Review:** \_\_\_ October 2018\_\_\_

Adopted by the Management Committee: \_\_\_\_\_