



SLEEP AND REST POLICY

POLICY STATEMENT:

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment. Educators will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The service will provide beds and cots that comply with Australian Standards. The risk of *Sudden Infant Death Syndrome (SIDS)* will be minimised by following practices and guidelines set out by health authorities.

RATIONALE

All children have the right to experience quality education and care in an environment that provides for their health, safety and comfort. By implementing clear procedures for the sleep and rest patterns of children within the service, we aim to create a safe and secure environment where all children's needs are met. Under the *Education and Care Services National Regulations 2012*, all services must have a valid Sleep and Rest policy in place which must also be provided to parents.

HOW THIS POLICY WILL BE IMPLEMENTED

The Approved Provider will:

- "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 supervision windows will be kept clear to ensure safe supervision of sleeping children.

The Nominated Supervisor will:

- "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.)
- Maintain up to date knowledge from current authorities regarding safe sleeping practice and communicate this information to educators and families.

Educators will:

- Consult with families about children's sleep and rest needs.
- If children are resting on cushions, please ensure that they are laundered immediately after use as written in the cleaning duties.
- Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Create a relaxing atmosphere for resting children. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.

- Children will drink milk bottles on a cushion BEFORE going on their bed.
- As well as planned rest periods, children’s rest requirements will be accommodated according to their individual needs. Environments will be designed to ensure that children who do not require a rest do not have to. Children are provided with spaces to rest through the day if they require it.
- Maintain adequate supervision and maintain educator ratios throughout the rest period.
- Children who are unwell or have coughs or lung disorders will be given greater supervision.
- Sleeping children will be within sight and sound of educators. Supervision will be aided by windows that are kept clear.

REFERENCES :

Education and Care Services National Regulations (WA) 2012.
As at 4 Nov 2017, Reg 81,168

The Guide to the National Quality Framework – Feb 2018

ACECQA - Sleep and Rest fact sheet

Red Nose: www.rednose.com.au

ACECQA website: www.acecqa.gov.au

Kids safe, (2012), Choking and suffocation (fact sheet)

Review history

YEAR OF REVIEW	AMENDMENTS
January 2015	
July 2016	
February 2018	Flexible programme and spaces for children to rest throughout the day. Red nose and Aceqa sourced. New guide and Regulations referred to. Sleep room window to be kept clear. Extra support and care for infants who are sleeping that are unwell. Laundering pillows that children rest on that is embedded in the cleaning roster.
2019	
2020	
2021	Children will be offered rest outdoors – November
10 th Nov 2022	Children will drink milk bottles on a cushion BEFORE going on their bed.

Next review date:

November 2023