

JUNEE PRESCHOOL POLICIES

Safe Sleep and Rest Time Policy *Quality Area 2: Children's Health and Safety*

Introduction

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.

Reason for Requirement

As of October 2017, all education and care services must have a sleep and rest policy as a requirement.

An inquest into the death of Indianna Rose Hicks in 2012 found Indianna, who was five months old when she died suddenly and unexpectedly while in care, died from Sudden Infant Death Syndrome (SIDS). A recommendation was made via the Consultation Regulation Impact Statement on proposed options for changes to the National Quality Framework (NQF), that Regulation 168 in the National Regulations, 'Education and care service must have policies and procedures' be amended to include a requirement for a policy on 'Sleep and rest for children and infants', including matters set out in Regulation 81 (Sleep and rest). ACECQA

Goals / What are we going to do?

Junee Preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The Preschool will provide beds 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.

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Strategies / How will it be done?

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 there are adequate numbers of bedding available to children that meet Australian Standards.
- ◁ 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:

- ◁ Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Educators will:

- ◁ 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 beds/mattresses are clean and in good repair. Beds and mattresses will be wiped over with lemon disinfectant and paper towel 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.
- ◁ 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. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- ◁ All children will be provided with relaxing activities to participate in if they don't wish to rest including yoga, tai chi, colouring in, visualisation and mindfulness activities.
- ◁ Maintain adequate supervision and maintain 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.

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- ◀ 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 patterns will be communicated regularly to families
- ◀ Ensure children who do sleep do so with their face uncovered.
- ◀ 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.

SOURCES/USEFUL RESOURCES

- ◀ Guide to the National Quality Standard (3) ACECQA (2017)
- ◀ Guide to the NQF - <http://files.acecqa.gov.au/files/NQF/Guide-to-the-NQF.pdf>
- ◀ Safe Sleeping Education and Care Services: <https://rednose.com.au/news/red-nose-expands-safe-sleeping-education-services-for-child-care-centres>
- ◀ Standards Australia – www.standards.org.au

- ◀ 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