

# POLICY

## Sleep and Rest Policy

### Purpose

The education and care service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs, age and developmental stages according to **Regulation 81**. The education and care service will provide beds and cots that comply with Australian Standards. The risk of Sudden Unexpected Death in Infancy (SUDI) will be minimised by following practices and guidelines set out by health authorities including Red Nose.

### Implementation

#### *Responsibilities for the Approved Provider*

- 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.

#### *Responsibilities for the Nominated Supervisor*

- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- Ensure the temperature of each room is between 20-23 degrees Celsius depending on weather and what the child is wearing.

#### *Responsibilities for the Educators*

- 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 bed linen is clean and in good repair. Bed linen provided by the service for each child and laundered fortnightly by families.
- Arrange children's beds to allow easy access for children and staff.
- Arrange children's beds to allow for appropriate air flow
- 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.
- Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it. However, if a child would like to be patted that is ok as well.
- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be provided quiet activities for the duration of rest time.
- Maintain adequate supervision ensuring that ratios are met at all times.
- 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.
- 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 as well as jewellery included amber necklaces and other dangling items around the neck. The room temperature will be considered to ensure maximum comfort for the children.

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### Current Recommended Evidence-Based Practices

<b>Safe Sleeping Practices all ages</b>
Face should be uncovered
A quiet place should be provided
Sleep and rest equipment should be safe and free from hazards
Adequate supervision of all children should be considered when placing staff while children are sleeping
Children should be closely monitored while sleeping eg checking at regular intervals to ensure breathing and colour of their skin

### Safe Environment and Equipment

Safe Cots	Safe Mattresses	Safe Bedding	Safe Placement
All cots sold in Australia must meet the current mandatory standards for cots (AS/NZS 2172) and should be labelled as such	Should be in good condition. Clean, firm and flat and fit the base with not more than a 20mm gap between mattress, sides and ends	Light bedding is the preferred option. Bedding should be tucked into the mattress to covering head	Ensure a safety check of sleep and rest environments is undertaken on a regular basis
All portable cots sold in Australia must meet the current mandatory standards for cots (AS/NZS 2195) and should be labelled as such	Use the mattress provided in a portable cot. Do not add additional padding over or under or additional mattresses	Pillows, doonas, loose bedding and fabric, lamb wool, bumpers and soft toys should be removed from cots	Keep heaters and other electrical appliances away from the cot and reach of the child
Bassinets, hammocks and prams/strollers do not carry safety codes for sleep	Remove plastic packaging from mattress	Soft and or puffy bedding in cots is not necessary	Ensure hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from cots
	Waterproof mattress protectors should be		Lodge a report if any hazards are reported

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	strong, not torn and fit tightly		
	Mattresses should not be elevated or tilted		Do not use electric blankets hot water bottles or wheat bags in cots

### Definitions, Terms & Abbreviations

Term	Meaning
SUDI	Sudden Unexpected Death in Infancy
SIDS	Sudden Infant Death Syndrome

### Legislation and Sources

**Australian Children's Education and Care Quality Authority (ACECQA)** <http://www.acecqa.gov.au/>

**Australian Competition & Consumer Commission** - <https://www.accc.gov.au/> and [https://www.productsafety.gov.au/system/files/Keeping%20baby%20Safe\\_0.pdf](https://www.productsafety.gov.au/system/files/Keeping%20baby%20Safe_0.pdf)

**Children (Education and Care Services) National Law (NSW) No 104a**  
<https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full>

**Department of Education** - <http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care>

**Early Years Learning Framework (EYLF)** - [http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging\\_being\\_and\\_becoming\\_the\\_early\\_years\\_learning\\_framework\\_for\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf)

**Education and Care Services National Regulations**

<http://www.legislation.nsw.gov.au/#/view/regulation/2011/653>

**National Quality Framework (NQF)** - <http://acecqa.gov.au/national-quality-framework/>

**Red Nose** - <https://rednose.com.au/section/safe-sleeping>

**Red Nose** - <https://rednose.com.au/article/what-is-a-safe-cot>

### Related Telephone Numbers

- Early Childhood Directorate 1800-619-113
- Department of Health 1800-020-103
- Kidsafe 9845-0890
- Rednose 1300 998 698

### Review

Reviewed: 23 July 19

Date for next review: 23 July 20